

YMCA Ouest-de-l'Île

PROGRAMMATION HIVER 2023

Du 9 janvier au 13 mars



Cours de conditionnement physique dirigés

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9 h – 9 h 55 □ Pilates Studio 2 (<i>Hooma</i>)						
10 h – 10 h 55 ● Zumba Gold Studio 2 (<i>Karen</i>)	10 h – 10 h 55 ● Tonus en douceur Studio 2 (<i>Susan</i>)	10 h – 10 h 55 □ Aéro-Tonus Studio 2 (<i>Susan</i>)	10 h – 10 h 55 □ Yoga Studio 2 (<i>Nancy</i>)		10 h – 10 h 55 □ Aquaforme Piscine (<i>Susan</i>)	10 h – 10 h 55 □ Zumba Studio 2 (<i>Preetha</i>)
	11 h – 11 h 55 □ Yoga Studio 2 (<i>Chantal</i>)	11 h – 11 h 55 □ Aquaforme Piscine (<i>Mootaz</i>)		11 h – 11 h 55 □ Aquaforme Piscine (<i>Leila</i>)	11 h – 11 h 55 □ Force du tronc et abdos Studio 2 (<i>Nevina</i>)	
				12 h – 12 h 55 □ Circuit Studio 2 (<i>Leila</i>)		
18 h – 18 h 55 ◆ Entraînement par intervalles Studio 2 (<i>Cheryl</i>)			18 h – 18 h 55 □ Entraînement fonctionnel Studio 2 (<i>Bassel</i>)			
		18 h 30 – 19 h 25 □ Aquaforme Piscine (<i>Leila et Nevina</i>)				
	19 h – 19 h 55 □ Zumba Studio 2 (<i>Lindy</i>)					

Niveaux: ● Débutant | □ Tous niveaux | ◆ Avancé | ● En douceur | ✂ Inscription obligatoire | \$ Frais supplémentaires |

♥ Approbation du médecin exigée | (R) Cartes de réservation disponible au comptoir d'accueil 20 minutes avant le début du cours

ymcaquebec.org

West Island YMCA

2023 WINTER PROGRAMMING

January 9 to March 13



Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 a.m. – 9:55 a.m. ☐ Pilates Studio 2 (<i>Hooma</i>)						
10 a.m. – 10:55 a.m. ● Zumba Gold Studio 2 (<i>Karen</i>)	10 a.m. – 10:55 a.m. ● Gentle Toning Studio 2 (<i>Susan</i>)	10 a.m. – 10:55 a.m. ☐ Aero-Toning Studio 2 (<i>Susan</i>)	10 a.m. – 10:55 a.m. ☐ Yoga Studio 2 (<i>Nancy</i>)		10 a.m. – 10:55 a.m. ☐ Aquafit Pool (<i>Susan</i>)	10 a.m. – 10:55 a.m. ☐ Zumba Studio 2 (<i>Preetha</i>)
	11 a.m. – 11:55 a.m. ☐ Yoga Studio 2 (<i>Chantal</i>)	11 a.m. – 11:55 a.m. ☐ Aquafit Pool (<i>Mootaz</i>)		11 a.m. – 11:55 a.m. ☐ Aquafit Pool (<i>Leila</i>)	11 a.m. – 11:55 a.m. ☐ Core Strength & Abs Studio 2 (<i>Nevina</i>)	
				12 p.m. – 12:55 p.m. ☐ Circuit Studio 2 (<i>Leila</i>)		
6 p.m. – 6:55 p.m. ◆ Interval Training Studio 2 (<i>Cheryl</i>)			6 p.m. – 6:55 p.m. ☐ Functional Training Studio 2 (<i>Bassel</i>)			
		6:30 p.m. – 7:25 p.m. ☐ Aquafit Pool (<i>Leila & Nevina</i>)				
	7 p.m. – 7:55 p.m. ☐ Zumba Studio 2 (<i>Lindy</i>)					

Levels: ● Beginner | ☐ All levels | ◆ Advanced | ● Gentle | / Registration required | \$ Additional payment required |

♥ Approval by physician required | (R) Reservation card available at membership services 20 minutes before the start of each class