

## EXERCISE CLASSES – FALL 2024: From September 14 to December 6, 2024 (12 weeks)

Price\*:      \$95 (45 minutes)                      \$115 (60 minutes)                      \$135 (75 minutes)

\*Combine EXERCISE CLASSES offered on this list and obtain \$10 discount on a second and third class.

**LEGEND:**    😊 All levels    □ Beginner    △ Intermediate    ⚙️ Advanced    🎵 Piano

(1): Exercise room 1    **NOTE: No class on Monday, October 14; Monday classes end on December 9, 2024.**

(2): Exercise room 2

LOCATION: RECREATION CENTER, 60 Roosevelt Avenue						
CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ABS & ARMS BLAST 😊					12:15 - 13:00 Gayle (1) <b>Full</b>	
ABS & THIGHS BLAST 😊	14:00 - 15:00 Gayle (2)					
AQUA GOLD IN CLASS <b>NEW!</b> 😊	09:30 - 10:30 Susan (Seniors lounge) <b>Full</b>		09:30 - 10:30 Gayle (Seniors lounge)			
CARDIO-STROLLER 😊		10:00 - 11:00 Gayle (Outdoor)				
GENTLE STRETCHING □		12:15 - 13:00 Gayle (2) <b>Full</b>			13:05 - 13:50 Gayle (2) <b>Full</b>	
LADIES & GENTLEMEN KEEP FIT 😊				09:30 - 10:30 Susan & Norma (2) 🎵		
PILATES ON MAT	12:15 - 13:15 Marlene 😊 (1) <b>Full</b>	17:45 - 18:45 Louise △ (1) <b>Full</b>		11:40 - 12:40 Marlene △ (1) <b>Full</b>		
STRETCHING TONING 😊			10:15 - 11:30 Susan (1)			
TONUS PLUS 😊	07:30 - 08:30 Yvan (1) <b>Full</b>		07:30 - 08:30 Yvan (1)			
ZUMBA®	19:00 - 20:00 Yohanna & Estrella ⚙️ (2)			18:00 - 19:00 Karina 😊 (1)		09:00 - 10:00 Marcela 😊 (2) <b>Full</b>

Access card (6 courses): **The card will not be accepted if the class is FULL.**

CLASSES	DESCRIPTION
<b>AQUA GOLD IN CLASS</b> <b>NEW!</b> <b>60 years and over</b> <b>PRICE : 60.00\$</b>	This course is an adaptation of the aqua gold course which was given in the pool. It will be adapted for all levels, with the use of chairs when necessary, and will work on general body conditioning. It will involve both the cardiovascular system and muscle strengthening. A stretching period will be included to allow for a period of relaxation at the end of the class.
<b>BLAST</b>	<b>All levels</b> - A 15-minute warm-up followed by 30 minutes of intense muscle conditioning and a recovery period. <b>ABS AND ARMS</b> - A workout focusing on the abdominals, postural muscles and arms. <b>ABS AND THIGHS</b> - A workout focusing on the abdominals, postural muscles and thighs.
<b>CARDIO-STROLLER</b>	<b>All levels</b> - For all new moms who wish to train with their child in a stroller through a low-impact cardio and muscle toning program. Babies must be aged between 2 weeks (uncomplicated delivery) or 6 to 8 weeks (complications during delivery or C-section) and around 12 months. Infants should be breastfed before or after the session.
<b>GENTLE STRETCHING</b>	<b>Beginner</b> - A gentle cardio warm-up and soothing stretches for better balance and greater mobility.
<b>LADIES &amp; GENTLEMENT KEEP FIT</b>	<b>All levels</b> - A class designed to introduce you to the different styles of fitness: body design, low impact, elastics and dance. This course is adapted for participants 55 years of age or more. A talented pianist will entertain the group.
<b>PILATES ON MAT</b>	<b>Intermediate and advanced</b> - A series of strengthening mat exercises for core muscle training (abdominals and back) combined with deep breathing, all intended to energize the body and improve posture.
<b>STRETCHING TONING</b>	<b>All levels</b> - Variety of exercises to strengthen and relax the muscles and the mind. Easy dance steps to enhance your aerobic capacity, followed by gradual cool down with bar and mat work.
<b>TONUS PLUS</b>	<b>All levels</b> - Muscle tone, endurance, flexibility, enhanced physical fitness, all choreographed to a variety of popular music.
<b>ZUMBA®</b>	A dynamic, low-impact cardio fitness workout that fuses hypnotic Latin rhythms with easy-to-follow dance moves.