

EXERCISE CLASSES – WINTER 2025: From January 6 to April 6, 2025 (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 from March 3 to 8 inclusively; Monday classes end on April 9, 2025.**

(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) | |
| ABS & THIGHS BLAST 😊 | 14:00 - 15:00 Gayle (2) | | | | | |
| AQUAGOLD IN CLASS NEW! 😊 | 09:30 - 10:30 Susan (1) | | 09:30 - 10:30 Gayle (1) | | | |
| CARDIO-STROLLER 😊 | | 10:00 - 11:00 Gayle (Outdoor) | | | | |
| GENTLE STRETCHING ☐ | | 12:15 - 13:00 Gayle (2) Full | | | 13:05 - 13:50 Gayle (2) | |
| LADIES & GENTLEMEN KEEP FIT 😊 | | | | 09:30 - 10:30 Susan & Norma (2) 🎵 | | |
| PILATES ON MAT | 12:15 - 13:15 Marlene 😊 (1) Full | 17:45 - 18:45 Louise △ (1) Full | | 11:40 - 12:40 Marlene △ (1) Full | | |
| STRETCHING TONING 😊 | | | 10:15 - 11:30 Susan (1) | | | |
| TONUS PLUS 😊 | 07:30 - 08:30 Yvan (1) | | 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) |

| CLASSES | DESCRIPTION |
|--|--|
| AQUA GOLD IN CLASS NEW! 60 years and over PRICE : 60.00\$ | 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. |
| BLAST | All levels - A 15-minute warm-up followed by 30 minutes of intense muscle conditioning and a recovery period. ABS AND ARMS - A workout focusing on the abdominals, postural muscles and arms. ABS AND THIGHS - A workout focusing on the abdominals, postural muscles and thighs. |
| CARDIO-STROLLER | All levels - 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. |
| GENTLE STRETCHING | Beginner - A gentle cardio warm-up and soothing stretches for better balance and greater mobility. |
| LADIES & GENTLEMENT KEEP FIT | All levels - 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. |
| PILATES ON MAT | Intermediate and advanced - 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. |
| STRETCHING TONING | All levels - 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. |
| TONUS PLUS | All levels - Muscle tone, endurance, flexibility, enhanced physical fitness, all choreographed to a variety of popular music. |
| ZUMBA® | A dynamic, low-impact cardio fitness workout that fuses hypnotic Latin rhythms with easy-to-follow dance moves. |