

YMCA Ouest-de-l'Île

PROGRAMMATION PRINTEMPS 2022



Cours de conditionnement physique dirigés

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h – 9h55 <input type="checkbox"/> Pilates Studio 2 (<i>Hooma</i>)					10h – 10h55 <input type="checkbox"/> Aquaforme Piscine (<i>Susan</i>)	
	10h – 10h55 <input checked="" type="checkbox"/> Tonus en douceur Studio 2 (<i>Susan</i>)		10h – 10h55 <input type="checkbox"/> Yoga Studio 2 (<i>Nancy</i>)		10h – 10h55 <input checked="" type="checkbox"/> HIIT Studio 2 (<i>Leila</i>)	10h – 10h55 <input type="checkbox"/> Zumba Studio 2 (<i>Preetha</i>)
		11h – 11h55 <input type="checkbox"/> Aquaforme Piscine (<i>Maria</i>)		11h – 11h55 <input type="checkbox"/> Aquaforme Piscine (<i>Leila</i>)		
		12h – 12h55 <input type="checkbox"/> Tonus total Studio 2 (<i>Susan</i>)		12h – 12h55 <input type="checkbox"/> Circuit Studio 2 (<i>Leila</i>)		
18h – 18h55 <input checked="" type="checkbox"/> Entraînement par intervalles Studio 2 (<i>Cheryl</i>)			18h – 18h55 <input checked="" type="checkbox"/> HIIT Studio 2 (<i>Bassel</i>)			
		18h30 – 19h25 <input type="checkbox"/> Aquaforme Piscine (<i>Nadia</i>)				
	19h – 19h55 <input type="checkbox"/> Zumba Studio 2 (<i>Rosario</i>)			19h – 19h55 <input type="checkbox"/> Yin yoga Studio 2 (<i>Maggie</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

West Island YMCA

2022 SPRING PROGRAMMING



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. ☐ Aquafit Pool (<i>Susan</i>)	
	10 a.m. – 10:55 a.m. ● Gentle 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. ◆ HIIT Studio 2 (<i>Leila</i>)	10 a.m. – 10:55 a.m. ☐ Zumba Studio 2 (<i>Preetha</i>)
		11 a.m. – 11:55 a.m. ☐ Aquafit Pool (<i>Maria</i>)		11 a.m. – 11:55 a.m. ☐ Aquafit Pool (<i>Leila</i>)		
		12 p.m. – 12:55 p.m. ☐ Total Sculpt Studio 2 (<i>Susan</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. ◆ HIIT Studio 2 (<i>Bassel</i>)			
		6:30 p.m. – 7:25 p.m. ☐ Aquafit Pool (<i>Nadia</i>)				
	7 p.m. – 7:55 p.m. ☐ Zumba Studio 2 (<i>Rosario</i>)			7 p.m. – 7:55 p.m. ☐ Yin Yoga Studio 2 (<i>Maggie</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