Shine On The YMCAs of Québec

PIERREFONDS ROXBORO

Group Fitness Courses

WINTER 2027- 10 WEEKS

Monday	Tuesday	Wednesday	Thursday	Friday
9:45 a.m. – 10:40 a.m. **Essentrics** Community room *(Lori L.)* 🔥♢♢				
9:00 a.m. - 9:55 a.m. **Tai Chi Yang** Multipurpose room *(Vinnie)* 🔥♢♢				10:30 a.m. – 11:25 a.m. **Gentle Cardio-toning** Multipurpose room *(Lori N.)* 🔥♢♢
	6:30 p.m. - 7:25 p.m. **Strength & Mobility** Gymnasium *(Cheryl)* 🔥🔥♢		5:55 p.m. – 6:50 p.m. **Yoga** Main Room *(Zeina)* 🔥♢♢	
	6:35 p.m. – 7:30 p.m. **Strength & Mobility** Main room *(Lynn)* 🔥🔥♢	6 p.m. – 6:55 p.m. **Cardio-box** Multipurpose room *(Rachel)* 🔥🔥🔥	7 p.m. – 7:55 p.m. **Interval Training** Main Room *(Marie-Josée)* 🔥🔥🔥	
7 p.m. – 7:55 p.m. **Zumba®** Gymnasium *(Lindy)* 🔥🔥♢	7:40 p.m. – 8:35 p.m. **Vinyasa Yoga** Main room *(Zeina)* 🔥🔥♢	7 p.m. – 7:55 p.m. **Zumba®** Community room *(Lindy)* 🔥🔥♢		
	8 p.m. – 8:55 p.m. **Zumba®** Community room *(Yvette)* 🔥🔥♢	7:30 p.m. – 8:25 p.m. **Pilates-stretching** Multipurpose room *(Mahsa)* 🔥♢♢		

Site	Day	Courses	Dates
Western sector West Community Center 17760 Meloche Street Pierrefonds, QC H9J 3P9	Monday	**Tai-chi**	From Jan. 4 to March 15 (no class on March 1)
	Monday	**Zumba®**	From Jan. 4 to March 15 (no class on March 1)
	Tuesday	**Strength & Mobility**	From Jan. 5 to March 16 (no class on March 2)
	Wednesday	**Cardio-box and Pilates-stretching**	From Jan. 6 to March 17 (no class on March 3)
	Friday	**Gentle Cardio-toning**	From Jan. 8 to March 19 (no class on March 5)
Central sector Marcel-Morin Community Center 14068 Gouin West Blvd. Pierrefonds, QC H8Z 1Y1	Tuesday	**Strength & Mobility and Vinyasa Yoga**	From Jan. 5 to March 9
	Thursday	**Yoga and Interval Training**	From Jan. 7 to March 11
Eastern sector Gerry-Robertson Community Center 9665 Gouin West Pierrefonds, QC H8Y 1R4	Monday	**Essentrics**	From Jan. 4 to March 8
	Tuesday	**Zumba®**	From Jan. 5 to March 9
	Wednesday	**Zumba®**	From Jan. 6 to March 10

Intensity: Low 🔥♢♢ | Moderate 🔥🔥♢ | High 🔥🔥🔥

Register online or by phone: 514 687-9622
ymcaquebec.org/pierrefonds-course