

YMCA Ouest-de-l'Île



Programmation automne 2023

Du 5 septembre au 8 décembre – Pas de cours (4 septembre, 9 octobre)

Cours de conditionnement physique dirigés						
Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
8 h 30–9 h 30 Pilates Studio 2 (Hooma) 🔥🔥🔥						
10 h–10 h 55 Zumba Gold Studio 2 (Karen) 🔥🔥🔥	10 h–10 h 55 Tonus en douceur Studio 2 (Susan) 🔥🔥🔥	10 h–10 h 55 Aéro-Tonus Studio 2 (Susan) 🔥🔥🔥	10 h–10 h 55 Yoga Studio 2 (Nancy) 🔥🔥🔥		10 h–10 h 55 Aquaforme Piscine (Susan) 🔥🔥🔥	10 h–10 h 55 Zumba Studio 2 (Preetha) 🔥🔥🔥
	11 h–11 h 55 Yoga Studio 2 (Chantal) 🔥🔥🔥	11 h–11 h 55 Aquaforme Piscine (Mootaz) 🔥🔥🔥		11 h–11 h 55 Aquaforme Piscine (Nevina) 🔥🔥🔥	11 h–11 h 55 Tronc et Abdos Studio 2 (Mootaz) 🔥🔥🔥	
				12 h–12 h 55 Tonus Total Studio 2 (Nevina) 🔥🔥🔥		
18 h–18 h 55 Entraînement par intervalles Studio 2 (Cheryl) 🔥🔥🔥			18 h–18 h 55 Entraînement fonctionnel Studio 2 (Bassel) 🔥🔥🔥			
		18 h 30–19 h 25 Aquaforme Piscine (Rosi) 🔥🔥🔥				
	19 h–19 h 55 Zumba Studio 2 (Lindy) 🔥🔥🔥					

Intensité : Faible 🔥🔥🔥 | Modérée 🔥🔥🔥 | Haute 🔥🔥🔥

West Island YMCA



2023 Fall Programming

September 5 to December 8 – No group classes (September 4, October 9)

Group Fitness Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 a.m.-9:30 a.m. Pilates Studio 2 (Hooma) 🔥🔥🔥						
10 a.m. – 10:55 a.m. Zumba Gold Studio 2 (Karen) 🔥🔥🔥	10 a.m. – 10:55 a.m. Gentle Toning Studio 2 (Susan) 🔥🔥🔥	10 a.m. – 10:55 a.m. Aero-Toning Studio 2 (Susan) 🔥🔥🔥	10 a.m. – 10:55 a.m. Yoga Studio 2 (Nancy) 🔥🔥🔥		10 a.m. – 10:55 a.m. Aquafit Pool (Susan) 🔥🔥🔥	10 a.m. – 10:55 a.m. Zumba Studio 2 (Preetha) 🔥🔥🔥
	11 a.m. – 11:55 a.m. Yoga Studio 2 (Chantal) 🔥🔥🔥	11 a.m. – 11:55 a.m. Aquafit Pool (Mootaz) 🔥🔥🔥		11 a.m. – 11:55 a.m. Aquafit Pool (Nevina) 🔥🔥🔥	11 a.m. – 11:55 a.m. Core and Abs Studio 2 (Mootaz) 🔥🔥🔥	
				12 p.m. – 12:55 p.m. Tonus Total Studio 2 (Nevina) 🔥🔥🔥		
6 p.m. – 6:55 p.m. Interval Training Studio 2 (Cheryl) 🔥🔥🔥			6 p.m. – 6:55 p.m. Functional Training Studio 2 (Bassel) 🔥🔥🔥			
		6:30 p.m. – 7:25 p.m. Aquafit Pool (Rosi) 🔥🔥🔥				
	7 p.m. – 7:55 p.m. Zumba Studio 2 (Lindy) 🔥🔥🔥					

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