

# YMCA Ouest-de-l'Île



## PROGRAMMATION ÉTÉ 2023

Du 12 juin au 4 septembre – Pas de cours (24 juin, 1er juillet et 4 septembre)

Cours de conditionnement physique dirigés						
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9 h – 9 h 55 ☐ 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 (Mootaz) 🔥🔥	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 ● Yoga en douceur Studio 2 (Carmen) 🔥🔥	
				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 (Nevina et Mootaz) 🔥🔥				
	19 h – 19 h 55 ☐ Zumba Studio 2 (Lindy) 🔥🔥					

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

**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



## 2023 SUMMER PROGRAMMING

June 12 to September 4 – No group classes (June 24, July 1 and Sept. 4)

Group Fitness Classes						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 a.m. – 9:55 a.m. <input type="checkbox"/> <b>Pilates</b> Studio 2 ( <i>Hooma</i> ) 🔥🔥						
10 a.m. – 10:55 a.m. <input checked="" type="checkbox"/> <b>Zumba Gold</b> Studio 2 ( <i>Karen</i> ) 🔥🔥	10 a.m. – 10:55 a.m. <input checked="" type="checkbox"/> <b>Gentle Toning</b> Studio 2 ( <i>Susan</i> ) 🔥🔥	10 a.m. – 10:55 a.m. <input type="checkbox"/> <b>Aero-Toning</b> Studio 2 ( <i>Susan</i> ) 🔥🔥	10 a.m. – 10:55 a.m. <input type="checkbox"/> <b>Yoga</b> Studio 2 ( <i>Nancy</i> ) 🔥🔥		10 a.m. – 10:55 a.m. <input type="checkbox"/> <b>Aquafit</b> Pool ( <i>Mootaz</i> ) 🔥🔥	10 a.m. – 10:55 a.m. <input type="checkbox"/> <b>Zumba</b> Studio 2 ( <i>Preetha</i> ) 🔥🔥
	11 a.m. – 11:55 a.m. <input type="checkbox"/> <b>Yoga</b> Studio 2 ( <i>Chantal</i> ) 🔥🔥	11 a.m. – 11:55 a.m. <input type="checkbox"/> <b>Aquafit</b> Pool ( <i>Mootaz</i> ) 🔥🔥		11 a.m. – 11:55 a.m. <input type="checkbox"/> <b>Aquafit</b> Pool ( <i>Nevina</i> ) 🔥🔥	11 a.m. – 11:55 a.m. <input checked="" type="checkbox"/> <b>Gentle Yoga</b> Studio 2 ( <i>Carmen</i> ) 🔥🔥	
				12 p.m. – 12:55 p.m. <input type="checkbox"/> <b>Tonus Total</b> Studio 2 ( <i>Nevina</i> ) 🔥🔥		
6 p.m. – 6:55 p.m. <input checked="" type="checkbox"/> <b>Interval Training</b> Studio 2 ( <i>Cheryl</i> ) 🔥🔥			6 p.m. – 6:55 p.m. <input type="checkbox"/> <b>Functional Training</b> Studio 2 ( <i>Bassel</i> ) 🔥🔥			
		6:30 p.m. – 7:25 p.m. <input type="checkbox"/> <b>Aquafit</b> Pool ( <i>Nevina et Mootaz</i> ) 🔥🔥				
	7 p.m. – 7:55 p.m. <input type="checkbox"/> <b>Zumba</b> Studio 2 ( <i>Lindy</i> ) 🔥🔥					

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

**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