

FITNESS GROUP CLASSES

Classes Descriptions | Winter 2018

ABDOS-FESSES-CUISSSES | Aerobic and cardio training Focusing on the buttocks and thigh area.

AÉRO-FESSES-CUISSSES | Aerobic and cardio training Focusing on the buttocks and thigh area.

BODY ART | Is a mixture of yoga, thai chi, pilates and cardio designed to work the whole body while focusing on the energies of yin and yang.

BODY DESIGN | Class to improve muscle tone. This class requires little coordination and has no jumping.

BODY FIT | Class to improve muscle tone. This class requires little coordination and has no jumping.

BODY SCULPT | Class to improve muscle tone. This class requires little coordination and has no jumping.

BOOTCAMP | Surpass your limits with an intensive training based on power, speed and endurance. This workout will force you to go beyond your cardiovascular and muscular limits.

BRAS SOLUTION ET ABS | The perfect solution to strengthen the upper body with abs workout!

CARDIO DANSE | Aerobic class that will bring you through different cultures and eras.

CARDIO SALSA | Aerobic class that will bring you through different cultures and eras.

CARDIO-KICK-BOXE | Using kick box movements, this aerobic class helps increase heart rates and tone muscles.

EXENTRICS | Muscular reinforcement class with a combination of Tai Chi/Yoga movements and dynamic stretching exercises in order to increase total body flexibility and balance.

HARDCORE STEP | High Level step class. The routine constantly evolves, and the rhythm of the music is quite fast. It could take up to 4-5 classes in order to follow the choreography.

HATHA YOGA | The rhythm, the breath and the movement guide this course. The sequence of postures (asanas), the techniques of breathing (pranayamas) and the introduction to meditation will be taught.

INSANITY | Based on muscle activity, helps to sculpt an athletic silhouette using the pleasure of sport performance and the challenge.

INTERVALLES | Cardiovascular training sequences requiring little coordination which alternates with upper and lower body muscular exercises.

MÉDITATION ET ÉTIREMENT | Stretching helps to improve our ability to mindfulness. Breathing, relaxation followed movements to improve flexibility.

PILATES AU SOL | Pilates teaches body awareness and good posture. It focuses on graceful and fluid movements. It can help relieve back pain.

POWER TAI CHI | Tai Chi inspired workout designed to improve balance, flexibility, muscle strength. Qi Gong and Chinese boxing movements are added on techno, dance and hip-hop beats.

SPINNING | Bike Training.

SPINNING 90 MINUTES | 90-minute Bike Training.

STEP | Choreographed combination of movements on a step. Guaranteed fun.

STRONG | This class targets the muscles by synchronized interval training with simple high intensity choreographies to the ultimate motivational factor that is music.

TOTAL BODY CONDITIONING | Class to improve muscle tone. This class requires little coordination and has no jumping.

XTREME FIT | A demanding class that burns a lot of calories. In the form of aerobic segments requiring strength and power.

YIN YOGA | Yin yoga is a slow-paced style of yoga with postures that are held for longer periods of time. For all levels.

YOGA DÉTENTE | Class that develops your flexibility and creates a state of calm using 26 Ashtanga and Hatha yoga poses.

YOGA FLOW | For all who want to bring balance and vitality. Posture sequences in fluidity and in harmony with the breathing to allow a better period of relaxation.

YOGA MAMAN BÉBÉ | The yoga-mom class offers breathing exercises and postures that could relieve some of your pain. The goal is to relax and be well before and after giving birth. Note that it is possible to bring your child under 18 months into the class. It is however suggested to arrive earlier to enjoy a full hour class.

YOGA STRETCHING | This course consists of promoting muscular and articular mobility. Thanks to the postures (asanas) held between 3 and 5 minutes, the body gains in capacity to move, the gestures become more fluid and the muscles become toned.

YOGA VINYASA | Vinyasa yoga is a sequence of several postures like a dance to increase the rhythm.

ZUMBA KIDS | Zumba Kids is the children's version of Zumba Fitness and explores the world of fitness with routines, games and popular music.

ZUMBA, ZUMBA TONING FITNESS, PARTY ZUMBA & MÉGA PARTY ZUMBA | Training whose rhythm varies from fast to slow to tone your muscles while burning calories. Add Latin and some international influences and you have a "Zumba" class!

