

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
6:00-9:45 P Adult Free Lane Swim	6:00-7:30 P Adult Free Lane Swim	6:00-7:30 P Adult Free Lane Swim	6:00-7:30 P Adult Free Lane Swim	6:00-6:30 P Adult Free Lane Swim	6:00-9:45 P Adult Free Lane Swim	8:00-10:00 P Adult Free Lane Swim	8:00-10:00 P Adult Free Lane Swim	9:45-10:30 P Aquaforme Blanca	7:30-8:15 P Aquaforme Chadi	7:30-8:15 P Aquaforme Melissa B	6:30-7:30 P Master Swim Maxime	9:45-10:30 P Aquaforme Gayle	10:00-11:00 P Aquaforme Chadi	10:00-11:00 P Aquaforme Chadi
10:30-11:00 P Adult Free Lane Swim	8:15-9:45 P Adult Free Lane Swim	8:15-9:45 P Adult Free Lane Swim	8:15-9:45 P Adult Free Lane Swim	7:30-8:15 P Aquaforme Chadi	10:30-11:00 P Adult Free Lane Swim	10:30-11:00 P Aquaforme Chadi	10:30-11:00 P Aquaforme Chadi	11:00-11:45 P Aqua Fusion Nadia	9:45-10:30 P Aquaforme Marlene	9:45-10:30 P Aquaforme Blanca	8:15-9:45 P Adult Free Lane Swim	11:00-11:45 P Aqua Total Body Conditioning Nadia	11:00-4:00 P Family Swim + Kids' lessons + Kids' swim	11:00-4:00 P Family Swim + Kids' lessons + Kids' swim
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11:45-3:00 P Adult Free Lane Swim	11:45-3:00 P Adult Free Lane Swim	11:45-3:00 P Adult Free Lane Swim	11:45-3:00 P Adult Free Lane Swim	11:45-3:00 P Adult Free Lane Swim	11:45-3:00 P Adult Free Lane Swim	11:45-3:00 P Adult Free Lane Swim	11:45-3:00 P Adult Free Lane Swim	3:00-5:30 P Kids' lessons	3:00-5:00 P Kids' lessons	3:00-5:30 P Kids' lessons	3:00-5:00 P Kids' lessons	3:00-5:30 P Kids' lessons	!	!
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5:30-6:30 P Adult Free Lane Swim	5:00-6:00 P Family Swim	5:30-6:30 P Adult Free Lane Swim	5:30-6:30 P Adult Free Lane Swim	5:00-6:00 P Family Swim	5:30-6:30 P Adult Free Lane Swim	5:00-6:00 P Family Swim	5:30-6:30 P Adult Free Lane Swim	6:30-7:30 P Aquaforme Katherine	6:00-7:00 P Adult Free Lane Swim	6:30-7:30 P Aquaforme Katherine	6:00-11:00 P Adult Free Lane Swim	6:30-7:30 P Aquaforme Marie-Jeanne	4:00-8:00 P Adult Free Lane Swim	4:00-8:00 P Adult Free Lane Swim
7:30-11:00 P Adult Free Lane Swim	7:00-8:00 P Master Swim Maxime	7:30-11:00 P Adult Free Lane Swim	7:30-11:00 P Adult Free Lane Swim	7:30-11:00 P Adult Free Lane Swim	7:30-11:00 P Adult Free Lane Swim	7:30-11:00 P Adult Free Lane Swim	7:30-11:00 P Adult Free Lane Swim	!	8:00-11:00 P Adult Free Lane Swim	8:00-11:00 P Adult Free Lane Swim	!	7:30-11:00 P Adult Free Lane Swim	!	!
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Location Key:
P Pool

Class times, formats, and instructors are subject to change without notice. Please check schedules on bulletin boards for updated changes. Classes with low attendance are subject to cancellation. 1 lane kept for swimmers with 16 participants or more reached in the first 10 minutes of a class; otherwise, 2 lanes kept for swimming during a class.

CLASS DESCRIPTIONS

6105 av. du Boisé
Montreal, QC H3S 2V9

Phone: (5 14) 737.0000

www.midtown_sanctuaire .com

Group Exercise Coordinator - Melissa Bauco
Melissa .Bauco @midtown.com

Aquaforme - a 45 or 60-minute workout in the pool, which includes a warm-up, aerobic movements, strength and toning exercises. Non-swimmers and pre and post natal are welcome.

Aqua Total Body Conditioning - a classic aquafitness class including cardiovascular and muscular conditioning exercises of different muscle groups and a focus on core strength. The class ends with a cool-down stretch and relaxation period. Non-swimmers and pre and post natal are welcome.

Aqua Fusion - The class creatively integrates aquatic and mind-body awareness. The adaptation of water Yoga/Pilates will simultaneously strengthen and stretch the whole body. Learn how to build a stronger core by moving from the inside out. Increase flexibility and improve posture, balance alignment and muscle control. Energy enhancement and well-being. Non-swimmers and pre and post natal are welcome.

Aqua Zumba - The pool party workout for all ages integrating the Zumba formula and philosophy into traditional aquafitness disciplines. Jump in the pool and dance away the calories to the beat of Latin rhythms. Non-swimmers and pre and post natal are welcome.

!Aqua Pre Post Natal - A one-on-one water workout specifically designed for pre and post natal women. The water is an ideal exercise environment due to its magical properties.

!Aqua Post rehabilitation/Aqua for joint-related injuries - A one-on-one water workout specifically designed to meet individuals' personal needs to restore and enhance functional ability. In water, gravitational forces are counteracted by buoyancy of water. The effect of buoyancy reduces impact on the major weight bearing joints (feet, ankles, hips and knees) allowing ease of "JOINT" movement and promoting range of motion, flexibility, mobility, and stretching.

Family Swim - Period reserved for Family swim, kids must be 18 months or older. During the week, 2 lanes available for adult swim and on the weekend, no lanes available for adult swim, but 1 lane available for kids' swim

Free Lane Adult swim - Period reserved for swimming laps, 16 yrs and older. During this period, up to 2 lanes may be used for Adult swimming lessons and/or private training in water.

Master Swim - Training session to work and improve stroke technique.

Kids' Lessons - Period reserved for kids' swimming lessons. During this period, up to 2 lanes may be used. On the weekend, no lanes available for adult swim.

Tennis Camp - Pool reserved the Tennis camp during the Summer.

General Information

No additional fees for any class unless otherwise noted.

Instructor substitutions may occur without notice. Classes are subject to a minimal participation amount and can be removed at any time. 1 lane available for swimming if 16 participants or more in the first 10 minutes of a class, otherwise, 2 lanes available.

During class

Please bring drinking water for your workout. Please respect the group's workout, excessive talking during classes is not permitted.

Any questions or comments please contact:

Group Exercise Coordinator
Melissa Bauco
Email: melissa.bauco @midtown.com

Pool coordinator
Renaud -Philippe Naubert
Email : renaud.naubert@midtown.com