

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00 Pilates Fusion S1 Nora 9:00-10:00 Power Yoga 3 S1 Susan 9:15-10:15 Cardio Sculpt & Gliding GYM Zoe 10:05-11:05 Cardio Interval 1 S1 Gayle 10:30-11:30 Group Power GYM Stéphane B 11:10-12:10 Yoga Flow S1! Marina! ! !	8:00-9:00 Cardio Sculpt GYM Bernadine Group Step 9:00-10:00 Melissa GYM Kosta Method 9:30-10:30 Costa S1 Body Sculpt 10:15-11:00 Kelly GYM Mat Pilates 1 11:00-12:00 Marlene S1 Cardio Dance 11:15-12:15 Andrea GYM ! !	8:15-9:15 Mat Pilates 2 S1 Susan 8:30-9:30 Body Sculpt 2 GYM Ludmila 9:30-10:45 Latino Salsa GYM Carlos 10:00-11:00 Zumba Gold S1 Candie 10:45-11:30 Abdos/Fessiers GYM Bernadine 11:15-12:15 Yoga en douceur S1! Louise! ! !	8:00-9:00 Cardio Tone GYM Bernadine 8:30-9:45 Ashtanga 2 S1 Rachel 9:05-10:05 Group Power GYM Melissa 10:00-11:00 Power Stretch S1 Andre 10:10-11:10 Mat Pilates 1 GYM Marlene 11:05-12:05 Kosta Method Ball S1 Costa 11:15-12:15 Zumba GYM Carole ! !	8:00-9:00 Body Sculpt 2 GYM Bernadine 8:45-10:00 Power Yoga 3 S1 Susan 9:15-10:15 Zumba GYM Marie-Claude 10:05-11:05 Cardio Flow S1 Nora 10:30-11:30 Group Power GYM Marlene 11:15-12:15 Ballet Fit S1! Costa! ! !	8:45-10:00 Yoga Flow 2-3 S1 Marina 9:00-10:00 Group Step GYM Melissa 10:00-11:00 Zumba GYM Carole 10:05-11:05 Power Stretch S1 Andre 11:10-12:10 Kosta Method Ball S1 Costa 11:15-12:15 Group Power GYM Melissa ! !	9:00-10:15 SUPER Sculpt GYM Conrad/Zoe/ Ludmila 10:30-11:45 Latino Salsa GYM Carlos 10:30-11:30 Bar Stretch S1 Andre ! !
12:15-1:15 Power Stretch S1 Andre 1:15-2:15 Body Sculpt 2 GYM Marlene! !	12:10-1:10 Yoga en douceur S1 Louise 1:15-2:15 Classical Ballet Bar S1 Costa 1:15-2:15 Sculpt & Stretch GYM Andrea 4:30-5:15 Yoga Jeunesse (8-11ans) S1 Rachel !	12:30-1:30 Postural Stretch S1 Rachel ! !	12:15-1:15 Yoga en douceur S1 Rachel 1:15-2:15 Sculpt & Stretch GYM! Bernadine! ! !	12:30-1:30 Core, Strength & Stretch S1 Melanie ! !	12:30-1:45 Hatha 2 S1! Jean-François! 4:00-5:00 Cardio Sculpt GYM! Conrad/Ludmila/ à confirmer !	12:00-1:30 Hatha Flow 2-3 S1 Lauren 4:00-5:00 Afro GYM! Jocelyne !
5:30-6:45 Vinyasa Flow S1 Melanie 5:45-6:45 Sculpt & Intervalles GYM Annette 6:45-7:45 Ballet 1 S1 Andre 6:45-7:45 Zumba GYM! Carole	5:30-6:45 Vinyasa Flow S1 Rachel 5:45-6:45 Bootcamp & Intervalles GYM Costa 6:45-7:45 Barbell Buster GYM Stéphane G 6:45-7:45 Mat Pilates 1 S1 Marlene 7:45-8:45 Latino Salsa S1! Yuly	5:30-6:45 Hatha 1 S1 Jean-François 5:45-6:45 Body Sculpt 2 GYM Ludmila 6:45-7:45 Zumba GYM Marie-Claude 6:45-7:45 Power Stretch S1 Andre 8:00-9:00 Burlesque S1 Ludmila !	5:30-6:45 Power Yoga Flow S1 Melanie 5:45-6:45 Bootcamp GYM Vincent Turcotte 6:45-7:45 Group Power GYM Melissa 6:45-7:45 Kosta Method Ball S1 Costa! !	5:30-6:45 Yoga 2 S1 Rachel 5:45-6:45 Kick, Abs & butt GYM Ludmila 7:00-8:00 Burlesque S1! Ludmila	5:15-6:15 Group Power GYM Angelica ! !	
Location Key: GYM Main Gym S1 Studio 1 T Terrace						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.

CLASS DESCRIPTIONS

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

Abdos/Fessiers - Toning class that focuses on abs and glutes.

Afro - Afro -Caribbean dance class providing a fun an alternative workout. Great for all levels.

Ashtanga 2 - An athletic style of yoga that synchronizes breath with movement. Journey through a series of energizing postures that will strengthen the body, calm the mind, free the spirit.

Ballet 1 - Introductory Ballet class.

Ballet Fit - A fitness -based ballet bar with more simplistic, repetitive variations to target glutes, thighs and maintain a sense of balance and control.

Bar Stretch - Stretching at the Ballet Bar.

Barbell Buster - a progressive precision oriented barbell workout focused on strength, endurance and athletic ability.

Body Sculpt - Muscle toning and strength class using light to moderately heavy weights.

Bootcamp - An athletic and intense interval training workout including resistance training, cardio and plyometrics.

Bootcamp & Intervalles - An advanced cardiovascular and muscle toning class with lots of drills and intervals.

Cardio Dance - A hi -low impact class with a variety of music and choreography inspired by different styles of dance.

Cardio Flow - A low -impact aerobic flowing choreography with interval -based training incorporating weights/resistance training, core, restorative and balance poses and stretching.

Cardio Interval - A combination of cardiovascular and strength intervals.

Cardio Sculpt/Cardio Tone - Two classes in one: first part cardio, second part, muscle toning.

Cardio Sculpt & Gliding - Same as Cardio Sculpt, some of toning with use of gliding discs.

Classical Ballet Bar - An open level classical ballet bar class followed by a stretch on the bar, designed to strengthen, increase flexibility and improve posture and balance.

Core, Strength & Stretch - A strengthening and stretching class that emphasizes the muscles of the core while lengthening the spine and improving posture

Group Power™ - 60 minute barbell program that strengthens all of your major muscles with simple athletic moves.

Group Step™ - Discover new heights! Utilizing the step in many positions and heights, this compelling 60 -minute cardio program strengthens and shapes the lower body, one step at a time. The intensity is up to you!

Hatha Flow - A rhythmic practice where the sequence of postures and transitions flow smoothly together. Detailed instructions and demonstrations are integrated into the class. Longer holds where the

student is encouraged to explore each posture deeply.

Hatha 1 - Series of stretching, demanding and complex exercises and postures that move at a slow pace, which lead to create a balance between the three different bodies: physical, mental and emotional.

The student will feel an immediate sense of well -being. Open to all levels.

Hatha 2 - The postures are essentially the same as Hatha 1, but they are held for longer periods of time and are more complex. The

student starts to feel the subtle effects of Hatha not only on the physical but on deeper levels. Recommended for intermediate and advanced students.

Kosta Method (Ball) - A workout designed to increase core strength, active flexibility and endurance with a lean body aesthetic result.

Hard to do, easy to follow, for the athletically inclined and a challenge for the layman. A hybrid in itself, it encompasses a full bodyweight training.

Latino Salsa - A high energy aerobic class with dance movements and music from Latin America.

Mat Pilates - This class consists of many mat exercises to help strengthen and elongate the muscles of the core.

Pilates Fusion - A mat pilates class using ball and props incorporating core stability, strength training, balance, mild yoga and passive stretching.

Postural Stretch - a stretch class designed to improve flexibility and posture.

Power Stretch - Active dance -style stretching with stability exercises.

Power Yoga - A dynamic, faster pace style of yoga involving continual movements of both strength and flexibility.

Power Yoga Flow - A challenging mind body workout that combines flowing sun salutations, standing poses, forward bends, backbends, twists and balances with the intention of accessing the power that comes from the integration of all elements of body and mind in relationship with each other.

Sculpt & Gliding - Body Sculpt class combined with the use of gliding discs.

Sculpt & Intervalles - A Body Sculpt class with some intensity intervals.

Sculpt & Stretch - "Body Sculpt" with a longer stretch period

SUPER Sculpt - A very intense muscle toning class.

Vinyasa Flow - A dynamic sequencing of poses that consciously pairs breath with movement. Students will flow through sun salutations along with both standing and seated poses.

Yoga 2 - A general yoga practice that looks at improving posture, flexibility, strength and relaxation. Common yoga poses will be explored in a little more depth, therefore prior yoga experience is recommended.

Yoga en douceur - Immobilization of body and mind, brief meditation, stretching and gentle opening of the body, static yoga postures held for longer periods of time, final relaxation and back to meditation. This practice focuses on gentle poses that help to increase awareness of postural muscles as well as the breath. Perfect if you are new to yoga or looking for slower paced class. Open to all levels.

Yoga Jeunesse (8 -11yrs) - This class will enhance physical and mental well -being through practicing yoga in an engaging and imaginative way. It will explore yoga poses, breathing exercises, partner yoga and relaxation techniques. Kids will have fun while building strength, flexibility and focus.

Yoga Flow - A rhythmical practice in which we synchronize breath with movement, where transitions into postures is fluid. Open to all levels.

Yoga Flow 2 -3- Participants will explore a vigorous practice with advanced postures and fluid transitions executed in harmony with breath. This is an energizing class developing flexibility, awareness and strength.

Zumba - A dynamic fitness program that fuses hypnotic Latin rhythms, international music and easy to follow moves.

Zumba Gold - A dynamic fitness program that was designed for the active older adult, the true beginner and/or people who are not used to exercising, or people who may be limited physically. Same concept as Zumba, but done at a lower intensity and not as fast.

General Information

No additional fees for any class unless otherwise noted. Instructor substitutions may occur without notice. Any class offered outdoors may be relocated or cancelled due to weather. Classes are subject to a minimal participation amount and can be removed at any time.

During class

Pace yourself - choose classes appropriate to your fitness level. Please bring drinking water for your workout. If you bring your cell phone to class, please make sure it is in silent mode and take all phone calls outside the studio. 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