

# GROUP.X SCHEDULE

## BROSSARD

JULY 18<sup>TH</sup> - AUGUST 26<sup>TH</sup> 2018

For any questions or comments please contact [dbeliveau@clubmansfield.ca](mailto:dbeliveau@clubmansfield.ca)

Classes are subject to cancellation, based on attendance.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	SPINNING 6H - 7H JULIE ✓		SPINNING 6H - 7H JULIE ✓		SPINNING 6H - 7H PHILIPPE ✓		
	TREAD N' SHRED ° 7H15 - 8H ANDRÉ ✓		TREAD N' SHRED ° 7H15 - 8H ANDRÉ ✓		TREAD N' SHRED ° 7H15 - 8H ANDRÉ ✓		LEVEL UP 8H30 - 9H30 NARIMAN ✓
	BODY CHALLENGE 90 8H30 - 10H MYLÈNE ✓	TABATA SANS POIDS 9H - 10H GUYLAINE ✓	MAC BODY BAR 9H - 10H ERIN ✓	HIIT 9H - 10H ERIN ✓	BODY CHALLENGE 90 8H30 - 10H MYLÈNE ✓	BODY CHALLENGE 9H - 10H LAURA LYNE ✓	YOGA VINYASA 9H30 - 10H30 SYLVIE
	SPINNING 9H - 10H NANCY ✓		SPINNING 9H - 10H MARIE-CLAUDE ✓		SPINNING 9H - 10H ERIN ✓		SPIN 90 9H - 10H30 LOUIS ✓
	HATHA YOGA 10H10 - 11H25 VANESSA		HATHA YOGA 10H10 - 11H10 VANESSA	PILATES 10H10 - 11H10 ERIN		YOGA 75 10H05 - 11H20 CAROLE	STRONG BY ZUMBA® 10H40 - 11H40 LEANZA
	ZUMBA® 12H - 13H LAURA LYNE	BODY CHALLENGE 12H - 13H MYLÈNE	ZUMBA® 12H - 13H LAURA LYNE	BODY CHALLENGE 12H - 13H MYLÈNE	HATHA YOGA 75 12H - 13H15 CAROLE	CIRCUIT BOOTCAMP 11H30 - 12H30 HANNA	ZUMBA® 11H45 - 12H45 LAURA
		STRIDE & BURN 12H15 - 13H ANDRÉ ✓			TREAD N' SHRED ° 12H15 - 13H ANDRÉ ✓		
	SPINNING 12H - 13H NANCY ✓		SPINNING 12H - 13H MARIE-CLAUDE ✓				

PM	HATHA YOGA 17H - 18H CAROLE	HIIT 17H - 18H DAPHNÉ	BODY CHALLENGE 75 17H - 18H15 DAPHNÉ	STIFF YOGA 17H15 - 18H15 VANESSA			
	SPINNING 18H - 19H LOUIS ✓		ZUMBA® 18H20 - 19H20 JORGE				
	BODY DESIGN 18H10 - 19H10 DAPHNÉ ✓	METCON 18H - 19H DIANA ✓	LEVEL UP 18H15 - 19H15 NARIMAN ✓	METCON 18H - 19H DIANA ✓	ULTIMATE TRAINING 18H30 - 19H30 LAURA LYNE		
			VÉLO EXTÉRIEUR 18H - 19H15 PHILIPPE	STRONG BY ZUMBA® 18H25 - 19H25 LEANZA			
	TREAD N' SHRED ° 19H15 - 20H LAURA LYNE ✓		SPINNING 19H - 20H LOUIS ✓				
			TREAD N' SHRED ° 19H15 - 20H LAURA LYNE ✓				
	CIRCUIT BOOTCAMP 19H30 - 20H30 HANNA	ZUMBA® 19H05 - 20H05 JORGE	HATHA YOGA 19H25 - 20H25 CAROLE		ZUMBA 19H35 - 20H30 LAURA LYNE		
	STRETCHING 20H05 - 20H30 LAURA LYNE		STRETCHING 20H05 - 20H30 LAURA LYNE				

## LEGEND

AIM STUDIO (SPINNING)

FUNCTIONAL  
TRAINING STUDIO

AEROBIC STUDIO

SYNTHETIC SURFACE

OUTDOOR

✓ RESERVATION REQUIRED



POWERED BY  
**MANSFIELD**  
CLUB ATHLÉTIQUE

Class times, formats and instructors are subject to change. Please visit [clubmansfield.ca/group-exercise](http://clubmansfield.ca/group-exercise) to consult the latest version of the schedule.

# GROUP CLASSES

## OVER 100 CLASSES PER WEEK

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Classes are subject to cancellation, based on attendance.

### BODY CHALLENGE

A balanced formula combining aerobic, strength training, abdominal exercises and stretching for a good aerobic and anaerobic fitness.

### MAC BODY BAR

The Body Bar is a full body sculpting class with a bar and a lot of willpower! It is a class of strength and muscular endurance. Open to all levels.

### BODY DESIGN

100% muscle! Sculpt your body using a step and free weights. A great way to improve your strength and muscle tone while completing your cardio workout.

### HIIT

A high-intensity class offering a variety of muscular and cardiovascular exercises. Sweat like never before, burn calories, tone up and have fun. Each class is a new challenge.

### BOXE

Develop your power and your endurance through this demanding class that combines cardiovascular exercises and boxing techniques. Boxing is a complete workout that manages stress, weight and coordination.

### CIRCUIT BOOTCAMP

An intense workout consisting of exercises designed to reach your full muscular and cardiovascular potential. A tough class, but still within reach of all!

### METCON

Be prepared to be out of breath! This class uses a variety of equipment and functional training to help you get the results you want. Intense, creative, but easy to follow!

### FIT TO FLEX

This class offers muscle building exercises for all levels of fitness with the use of a trapeze. Not only fun, but also effective in improving balance, muscle strength, and trunk stability!

### TABATA

With intense intervals, you will be able to develop your cardiovascular power and your muscular endurance. Helped with dumbbells, elastics, and plyometrics moves, you will be able to push your limits, both physically and mentally!

### ULTIMATE TRAINING

The name means everything! A combination of cardiovascular intervals, weights and a lot of sweat! You will develop your endurance: as much as muscularly, cardiovascularly and mentally.

### TREAD N'SHRED

Develop your cardiovascular power with a mix of short intervals on the treadmill and functional training exercises. Each course will motivate you to push you to your limits.

### STRIDE AND BURN

Come experience an optimal running experience with 45 minutes of speed and slope intervals on a treadmill. This is the perfect course for those who love racing or fitness.

### TONUS TOTALE

This class will allow you to develop your overall flexibility and toning abdominal muscle. You will be guided by the trainer through a large spectrum of moves which make every training a new experience!

### STRONG BY ZUMBA®

STRONG by Zumba® is a rhythmically driven training session. In this course, the music is carefully orchestrated to stimulate the progress and intensity of the training. This is a course allowing you to tone your whole body through muscular and cardiovascular exercises with less choreographed moves than regular Zumba.

### ZUMBA® AND ZUMBA STEP

Sweat to the sound of Latin music, move your hips like never before and be ready to burn the dance floor! Easy to follow, these choreographies will allow you to burn as many calories as possible.

### SPINNING

Let yourself be guided by a spinning instructor during a virtual bike ride. Motivational music and exciting routines! Newcomers, as well as the avid cyclist, will benefit from this course! Come and see for yourself why we love spinning!

### PILATES

Develop the deep muscles of your powerhouse through exercises designed specifically to avoid the pain associated with conventional exercises. Increase the strength of your abdominals, control your body, flexibility, and alignment of your spine, for a better harmony of your body and mind.

### SPIN XPRESS

Spinning allows you to work at your own pace. You will climb hills, do sprints and get an awe-someworkout! Welcome to participants of all levels  
- 45 minutes.

### YOGA VINYASA

Revive the body and renew the soul while you soothe your mind by practicing the basics of yoga. Adapted for all, the use of accessories (blocks, mats, and straps) are used to maintain position for a longer period. The body relaxes and the mind takes a break in this quiet meditation.

### HATHA YOGA

A traditional practice that emphasizes the union, or balancing, of opposing forces within the body (Ha = sun, Tha = moon). Each class will focus on a set of physical poses (asanas), breathing techniques (pranayama), and/or meditations designed to bring balance to the body and mind. (Note: Hatha yoga is a physical practice and should not be confused with "gentle yoga.")

### LEVEL UP

Upgrade your skills under a well experienced trainer. You will learn basic movements for functional training as double unders and cleans while going beyond your mental and physical limits!