

# GROUP.X SCHEDULE

# MONTREAL

SEPTEMBER 4<sup>TH</sup> - DECEMBER 22<sup>ND</sup> 2018

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

Classes are subject to cancellation based on attendance.

AM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			SPIN POWER® 6H30 - 7H15 ROBERT		SPINNING® 6H30 - 7H15 YANNICK		
METCON 7H - 7H45 GUY	ENTRAÎNEMENT ULTIME 7H - 7H45 LAURA-LYNE	METCON 7H - 7H45 GUY	STRONG 7H - 7H45 KYMBERLY	METCON 7H - 7H45 GUY	ZUMBA® 10H - 11H KYMBERLY		
	ABDO SCULPT 7H - 8H ANDREA	YOGA VINYASA 7H - 8H ELAINE			YOGA ASHTANGA 10H - 11H30 ARI	SPIN POWER® 10H - 11H MYRIAM	
METCON 11H30 - 12H15 GUY	BOOTY BOOTCAMP 11H30 - 12H30 YVETTE		KICKBOXING 11H30 - 12H15 ANH-TUE	METCON 11H30 - 12H15 GUY	TABATA 11H - 12H YVETTE	BOOTY BOOTCAMP 11H - 12H YVETTE	
PIYO® 11H30 - 12H15 MARIE-ÈVE	TONE & SCULPT 11H30 - 12H30 JENNIFER	PILATES 11H30 - 12H15 MYMUNA	YOGA VINYASA 11H30 - 12H30 ANGELA	HOT BOOTY BALLET 11H30 - 12H30 VALERIE	SPIN POWER® 11H - 12H MYRIAM	MORNING FLOW YOGA 11H - 12H KATIE	
SPIN POWER® 12H15 - 13H15 MYRIAM	SPIN POWER® 12H15 - 13H15 STEVE	SPINNING® 12H15 - 13H15 STEVE	SPIN POWER® 12H15 - 13H15 MYRIAM	SPINNING® 12H15 - 13H15 STEVE	BARBELLBURN 12H15 - 13H MYRIAM		
	CLUB DE COURSE 12H15 - 13H15 ANH-TUE			CLUB DE COURSE 12H15 - 13H15 FRANÇOIS			
INSANITY® 12H20 - 13H20 MARIE-ÈVE	POWER BOXE 12H30 - 13H30 DOMINIC	METCON 12H - 12H45 YVETTE	ROCKIN' BOTTOM 12H20 - 13H20 MYMUNA	ZUMBA® 12H30 - 13H30 ANGELIQUE			
YOGA ASHTANGA 12H35 - 13H35 ARI	YOGA VINYASA 12H35 - 13H35 ARI	YOGA FLOW 12H20 - 13H20 ANGELA	CARDIO BARRE 12H30 - 13H15 DAHLIA	YOGA ASHTANGA 12H35 - 13H35 ARI			

PM

	ZUMBA FIT 16H45 - 17H30 LAURA-LYNE	BALLET BARRE 16H40 - 17H25 DAHLIA	ZUMBA® 16H45 - 17H30 KYMBERLY	
YOGA ASHTANGA 17H30 - 18H30 ARI	POWER FITBALL 17H30 - 18H30 MYRIAM	YOGA BEGINNERS 17H30 - 18H30 ANDREA	HOT BOOTY BALLET 17H30 - 18H30 SUAAD	YOGA VINYASA 17H - 18H CATHERINE
BARBELLBURN 17H30 - 18H15 MYRIAM	EPIC 17H30 - 18H30 ANH-TUE	BARBELLBURN 17H30 - 18H15 MYRIAM	ABSOLUTION 17H30 - 18H ANH-TUE	TABATA 17H30 - 18H30 YVETTE
BEAT SPIN® 17H30 - 18H15 MARA		BEAT SPIN® 17H30 - 18H15 MARA	SPIN POWER® 17H30 - 18H30 ROBERT	
ZUMBA® 18H30 - 19H30 DIEGO	CARDIO BOXE 18H30 - 19H30 MYRIAM	BOXE CAMP 18H30 - 19H30 DOMINIC	EPIC 18H - 18H45 ANH-TUE	
HOT BOOTY BALLET 18H30 - 19H30 MARINA	PIYO STRETCH® 18H30 - 19H30 MARIE-ÈVE	YIN YOGA 18H30 - 19H30 ANDREA	ATHLETIC STRETCHING 18H30 - 19H30 ANDREA	
SPIN POWER® 18H30 - 19H30 MYRIAM	INTRO TO CROSSFIT 18H30 - 19H30 SCOTT	SPIN POWER® 18H30 - 19H30 MYRIAM	BOXEVENT 18H45 - 19H30 DOMINIC	

## LEGEND

AIM STUDIO (SPINNING)

TRINITY STUDIO

AEROBIC STUDIO

OUTDOORS

CROSSFIT STUDIO

 NEW CLASS

 RESERVATION REQUIRED



**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

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

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## ABSOLUTION

This compact core-focused class will concentrate directly on strengthening those abs!

## ATHLETIC STRETCHING

Looking for a faster way for muscle recovery? To get better results in your workout, those muscles need a moment to restore & stretch before being activated again for another workout session... Join us for an athletic stretch session, where you'll get to restore your muscles, increase your range of motion and by doing that you'll get a bonus of maybe avoiding future injury.

## BALLET BARRE

A fun and dynamic fitness class that puts the emphasis on classical ballet movements and techniques (pliés, relevés, glissés, etc.). This class aims to tone the body, elongate the silhouette and works coordination, posture, balance, flexibility, musicality and grace of movement all while strengthening the muscles. The first section is at the barre, followed by a series of floor barre exercises on the mat to work the abdominals. The class ends softly with a nice stretch. Come meet us at the barre!

## BARBELLBURN

Original barbell class that strengthens your entire body. It targets all major muscle groups by using exercises such as squats, lunges, presses, lifts and curls. This class is all about reps, reps and more reps! Effective and motivating class with great music where you decide how hard you want to train.

## BEAT SPIN\*

This class is a total body experience. Get ready for a high energy class while you spin to the rhythm of the beat. You'll be blasting your upper body and working those core muscles during this fun workout!

## BEGINNER YOGA

Never done yoga before and don't know where to start... Or you have but you feel like doing a class that allows you to slow down in your Vinyasa flow, to improve and dig deeper into your practice. Then this class is for you! Will go deep into the foundation of yoga, deconstruct yoga poses so your body can understand them better, explore and move in a safe and inviting space.

## BOOTY BOOTCAMP

The perfect formula to build you a nice backside. This class incorporates glute activation exercises, cardio, heavy lifting, and isolations, to give you a well rounded workout for a well rounded booty.

## BOXE CAMP

A combination of muscles training, cardio and boxing techniques to ensure you have an intense and full-body workout while learning the basics of this combat sport. No experience required.

## BOXE VENT

Need to release some steam and frustration? This 45 minutes boxing class is the perfect solution!

## CARDIO BARRE

Lengthen and sculpt the body with this dynamic full body workout at the barre, done to the beat of high energy music! This ballet technique based fitness class is also inspired by pilates, yoga, and functional training exercises to improve posture, coordination, grace of movement, flexibility, balance, core strength and muscle tone.

## CARDIO BOXE

You aren't fighting anyone but yourself. This blistering class combines Karate, Boxing, Taekwondo, Tai Chi and Muay Thai techniques into one workout, giving you the ability to learn the basic skills of self-defense, all while burning calories and toning your body with powerful music.

## ENTRAÎNEMENT ULTIME

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.

## EPIC

This class features combinations of cardio and strength drills that provide a non-stop, challenging workout that incorporates multiple types of training to improve your speed, agility, power, and strength.

## 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.

## YOGA FLOW

A unique style of yoga bringing peace and joy into a dynamic and active Vinyasa-style practice. Yoga Flow emphasizes on meditation, breathing and the flow of movement from one posture to the next. This class will allow you to detox, relax and re-energize for the rest of the day.

## HOT BOOTY BALLET

The Hot Booty Ballet Dynamic Fitness Program is based on traditional ballet conditioning exercises, core strengthening & resistance training. The class is designed to shape, sculpt, stretch and tone your entire body. Hot Booty Ballet utilizes mini-bands, body weight and light weights to perform multiple high reps of small isolated movements in order to sculpt muscles without adding bulk.

## INSANITY\*

Created by Shaun T., a workout based around 3 to 5 minute blocks, and taking breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training because it keeps your body working at a maximum capacity through your entire workout. You keep pushing your limits so your body has to adapt.

## KICKBOXING

Come experience Mansfield Athletic Club martial arts class. This fast paced workout will improve your hand/eye coordination, balance, strength and flexibility. You don't have to be a fighter to train like one!

## METCON

Based on CrossFit and geared towards metabolic conditioning, this high-intensity class will have you working up a sweat with body weight exercises, basic gymnastics, and more, in a fun and competitive environment.

## 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 better harmony of your body and mind.

## PIYO\*/PIYO STRETCH\*

Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with PiYo! PiYo combines the muscle-sculpting, core-firming benefits of pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

## POWER BOXE

Learn how to throw punches and get in the best shape of your life. We'll take care of everything, even the gloves.

## POWER FITBALL

The Power Fitball Class allows you to build and maintain your essential core-strength. By using adequately the fitball, you will engage your stabilizing muscles by training outside your normal gravity center through an innovative functional workout. Be ready to tone your body, improve posture, balance and increase coordination while enjoying relaxing music.

## POWER FLOW YOGA

Power Vinyasa Flow Yoga is a powerful and energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility, balance, cardio and physical and mental stamina in one session.

## ROCKIN' BOTTOM

Intense training targeting your lower body muscles, this class makes your thighs and butt toned and sexy. A mix of aerobic, plyometric and muscular exercises to challenge your legs, butt and core in a new dynamic way.

## RUNNING CLUB

Always outside! Proper warm up, as well as running techniques and drills will be addressed. Meet in the lobby.

## SPINNING\*

Let yourself be guided during a 60 minutes 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!

## SPIN POWER\*

Spin Power is the ultimate power workout in the industry. By working with Watts, you get the best comprehensive measure on the effort you put in during your class.

## STRONG\*

Music is the ultimate motivator. It pushes you through your workout, through one last rep - and then one more. Knowing how powerful the effect of music is on a workout, we wondered - what would happen if we synced the moves in a high-intensity workout to a beat? Music for STRONG by Zumba® is reversed engineered to match every single move.

## TONE & SCULPT

Get ready to turn up the heat with Tone & Sculpt. This 60 minute class is a series of movements found in yoga and pilates concentrating on alignment and muscle strengthening to tone the body with weights, gliders and yoga blocks. Expect to burn mega calories, have lots of fun and sweat your life away.

## TABATA

20 seconds of exercise alternated with 10 seconds of rest for blocks of 4 minutes. It's a full body workout that incorporates weight training, cardio, and balance, and uses a multitude of equipment. Something different every week with great music for an upbeat experience! Fun guaranteed!

## YIN YOGA

A passive practice, Yin Yoga involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper layers of fascia.

## ABDO SCULPT

A full core workout with a mixed of movement inspired by Yoga and Pilates. Advance your core game with different core sequences in each class which will improve your balance and entire body strength. A perfect pick me up! Start your morning by feeling strong & ready to attack whatever the day has in store for you.

## YOGA ASHTANGA

Ashtanga yoga is a dynamic form of hatha yoga that uses postures and breathing to bring you into a meditative state while moving through postures. Through practicing the many postures in the different series of ashtanga yoga, you will develop strength, flexibility and balance. Ultimately, this practice helps us to calm the mind and to be able to face the everyday with a more relaxed sense of being.

## YOGA VINYASA/MORNING FLOW YOGA

Vinyasa means breath-synchronized movement. This yoga practice will move you through a series of poses using the power of inhaling and exhaling. Find yourself with improved flexibility, muscular endurance and balance as well as a rejuvenated mind and body.

## ZUMBA\*

Sweat to the latin beat while moving your hips like never before! The easy to follow steps will have you burning calories, toning your body, and working that smile!

## ZUMBA FIT

Learn how to blend step aerobics with the fun and effective Zumba® program for a workout targeting legs, glutes and core.