

GROUP.X SCHEDULE

MONTREAL
MAY 22ND - JUNE 25TH 2018

For any questions or comments please contact info@clubmansfield.ca.

Classes are subject to cancellation based on attendance.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM			SPIN POWER® 6H30 - 7H15 ROBERT		SPINNING® 6H30 - 7H15 YANNICK		
	METCON 7H - 7H45 GUY	MAC BODY SCULPT 7H - 8H LAURA-LYNE	METCON 7H - 7H45 GUY	TABATA 7H - 7H45 GUY	METCON 7H - 7H45 GUY	ZUMBA® 10H - 11H KYMBERLY	
		BALLET BARRE 7H - 8H DAHLIA		YOGA VINYASA 7H - 8H ELAINE		YOGA ASHTANGA 2 10H - 11H30 ARI	SPINNING® 10H - 11H MYRIAM
	METCON 11H30 - 12H15 GUY	HIIT 11H30 - 12H15 MYMUNA	METCON 11H30 - 12H15 YVETTE	K.BOX BOOTCAMP 11H30 - 12H15 ANH-TUE	METCON 11H30 - 12H15 GUY	TABATA 11H - 12H YVETTE	BOOTY BOOTCAMP 11H - 12H YVETTE
	PIYO ® 11H30 - 12H15 MARIE-ÈVE	HOT BOOTY BALLET 11H30 - 12H30 JENNIFER	PILATES 11H30 - 12H15 MYMUNA	YOGA VINYASA 11H30 - 12H30 ANGELA	HOT BOOTY BALLET 11H30 - 12H30 JENNIFER		MORNING FLOW YOGA 11H - 12H JULIA
	BEAT SPIN® 12H15 - 13H CORINE	SPIN POWER® 12H15 - 13H15 STEVE	SPINNING® 12H15 - 13H15 STEVE	SPIN POWER® 12H15 - 13H15 MYRIAM	SPINNING® 12H15 - 13H15 STEVE		
		CLUB DE COURSE 12H15 - 13H15 ANH-TUE			CLUB DE COURSE 12H15 - 13H15 FRANÇOIS		
	INSANITY ® 12H20 - 13H20 MARIE-ÈVE	POWER BOXE 12H20 - 13H20 DOMINIC	LEVEL UP 12H20 - 13H05 YVETTE	ROCKIN' BOTTOM 12H20 - 13H20 MYMUNA	ZUMBA® 12H30 - 13H30 ANDREA		
	YOGA ASHTANGA 12H35 - 13H35 ARI	YOGA VINYASA 12H35 - 13H35 ARI	HONEY FLOW 12H20 - 13H20 ANGELA	BALLET BARRE 12H30 - 13H30 DAHLIA	YOGA ASHTANGA 12H35 - 13H35 ARI		
	PM			BODYSHRED® 16H45- 17H15 GUY			
BODYSHRED® 16H45 - 17H15 GUY		BALLET BARRE 16H45 - 17H25 DAHLIA	LEVEL UP 16H45 - 17H25 YVETTE	ZUMBA STEP® 16H45 - 17H30 LAURA-LYNE	BODYSHRED® 16H45- 17H15 GUY		
YOGA ASHTANGA 17H30 - 18H30 ARI		PILATES 17H30 - 18H30 MYMUNA	DETOX FLOW YOGA 17H30 - 18H30 ANDREA	HOT BOOTY BALLET 17H30 - 18H30 SUAAD	ESSENTRICS 17H30 - 18H30 ALLISON		
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 CORINE	BEAT SPIN® 17H30 - 18H15 MARA	SPIN POWER® 17H30 - 18H30 ROBERT			
ZUMBA® 18H30 - 19H30 DIEGO		STRONG BY ZUMBA® 18H30 - 19H30 KYMBERLY	BOXE CAMP 18H30 - 19H30 DOMINIC	EPIC 18H - 18H45 ANH-TUE			
HOT BOOTY BALLET 18H30 - 19H30 SUAAD		PIYO STRETCH® 18H30 - 19H30 MARIE-ÈVE	YIN YOGA 18H30 - 19H30 ANDREA	YIN YOGA 18H30 - 19H30 JULIA			
SPIN POWER® 18H30 - 19H30 MYRIAM		INTRO TO CROSSFIT 18H30 - 19H30 SCOTT	SPINNING® 18H30 - 19H30 MYRIAM	BOXEVENT 18H45 - 19H30 DOMINIC			

LEGEND

- AIM STUDIO (SPINNING)
- TRINITY STUDIO
- AEROBIC STUDIO
- OUTDOORS
- CROSSFIT STUDIO
-  NEW CLASS



MANSFIELD
CLUB ATHLÉTIQUE

Class times, formats and instructors are subject to change. Please visit 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.

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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!

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

K. BOX BOOTCAMP

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!

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.

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.

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!

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.

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.

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!

BODYSHRED*

No need to train for hours at the gym to see results. Shred Express is a comprehensive 30 minutes class that combines cardio and muscle building.

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.

ABSOLUTION

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

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.

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.

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.

LEVEL UP

This class will bring you to the next level, whether you're a beginner or an athlete. Discover what your body is capable of with endurance, plyometric, and muscular drills to improve your overall fitness and feel better overall. You are sure to level up!

RUNNING CLUB

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

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!

STRONG BY ZUMBA*

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.

ZUMBA STEP*

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

MAC BODY SCULPT

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. All levels.

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.

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.

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.

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 muscles-culting, 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.

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.

HONEY FLOW

The most delicious (and stealthily challenging) of classes. A one hour serving of sticky, sweaty Hatha/Kula Flow, lathered with yin yoga (deep, intense stretching) and restorative asana topping. YUM. We know that no one needs a little deep chill out more than Montreal yogis, but most of us are too type A to take a true restorative class. This is the solution. As one student put it, "You kick our ass for an hour and then kiss it for another 20 minutes."

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.

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.

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.

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.

BOXE VENT

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