

GROUP.X SCHEDULE

BROSSARD

JANUARY 7TH, 2019

For any questions or comments please contact dbliveau@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 ✓		SPIN XPRESS 6H - 6H45 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 9H - 10H15 GUYLAINE ✓	MAC BODY BAR 9H - 10H GEN P. ✓	HIIT 9H - 10H GEN P. ✓	BODY CHALLENGE 90 8H30 - 10H MYLÈNE ✓	EPIC TONE 9H - 10H LAURA LYNE ✓	YOGA VINYASA/HATHA 9H30 - 10H30 SYLVIE/NANCY
	SPINNING 9H - 10H NANCY ✓	ZUMBA 10H30 - 11H30 KARINA	SPINNING 9H - 10H MARIE-CLAUDE ✓	PILATES 10H10 - 11H10 GEN P. ✓	SPINNING 9H - 10H GEN P. ✓	SPINNING 9H - 10H ÉRIC ✓	SPIN 90 9H - 10H30 LOUIS ✓
	HATHA YOGA 10H10 - 11H25 VANESSA	KICK BOXING 10H15 - 11H15 FAN LEUG ✓	HATHA YOGA 10H10 - 11H10 VANESSA	KICK BOXING 10H15 - 11H15 FAN LEUG ✓	HIIT 10H10 - 11H10 MYLÈNE	YOGA 75 10H05 - 11H20 CAROLE	STRONG BY ZUMBA® 10H40 - 11H40 KARINA
	ZUMBA® 12H - 13H KARINA	BODY CHALLENGE 12H - 13H MYLÈNE	ZUMBA® 12H - 13H KARINA		HATHA YOGA 75 12H - 13H15 CAROLE	CIRCUIT BOOTCAMP 11H25 - 12H25 HANNA	SPIN 90 10H45 - 11H45 LOUIS ✓
	SPINNING 12H - 13H NANCY ✓	TREAD N' SHRED ° 12H15 - 13H GEN P. ✓	SPINNING 12H - 13H MARIE-CLAUDE ✓	BODY CHALLENGE 12H - 13H MYLÈNE	TREAD N' SHRED ° 12H15 - 13H ANDRÉ ✓	ZUMBA 12H35 - 13H35 JORGE	ZUMBA® 11H45 - 12H45 KARINA

PM	HATHA YOGA 17H 15- 18H15 CAROLE	HIIT 45 17H15 - 18H DAPHNÉ	TIGHT FIT 17H15 - 18H15 DAPHNÉ	STIFF YOGA 17H15 - 18H15 VANESSA	
		METCON 18H - 19H DIANA ✓	KICK BOXING 17H30 - 18H30 FAN LEUG ✓	METCON 18H - 19H DIANA ✓	
	SPINNING 18H - 19H GEN P. ✓	SPINNING 18H - 19H MARTIN ✓	SPINNING 18H - 19H PHILIPPE ✓		SPINNING 18H - 19H GEN P. ✓
	BODY DESIGN 18H25 - 19H25 DAPHNÉ ✓	BOOTY BLAST 18H05 - 18H35 DAPHNÉ ✓	ZUMBA® 18H20 - 19H20 JORGE	ÉPIC TONE 18H30 - 19H30 LAURA-LYNE	
	KICK BOXING 19H05 - 20H05 FAN LEUG ✓		LEVEL UP 18H35 - 19H35 NARIMAN/DIANA ✓		ULTIMATE TRAINING 18H30 - 19H30 LAURA LYNE ✓
	TREAD N' SHRED ° 19H15 - 20H LAURA LYNE ✓		TREAD N' SHRED ° 19H15 - 20H LAURA LYNE ✓	SPINNING 19H - 20H LOUIS ✓	
	CIRCUIT BOOTCAMP 19H30 - 20H30 HANNA	ZUMBA® 18H45 - 19H45 KARINA	HATHA YOGA 19H25 - 20H25 CAROLE	STRONG BY ZUMBA® 19H35 - 20H35 KARINA	ZUMBA 19H35 - 20H30 LAURA LYNE
	STRETCHING 20H05 - 20H30 LAURA LYNE		STRETCHING 20H05 - 20H30 LAURA LYNE		
	ZUMBA® 20H35 - 21H35 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 to consult the latest version of the schedule.

GROUP CLASSES

OVER 100 CLASSES PER WEEK

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

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!

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.

SPIN XPRESS

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

STRETCHING

This class will allow you to develop your flexibility without putting emphasis on breathing or relaxation. A great way to reduce tension in your body in our functional training area.

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

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.

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.")

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.

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!

ENFANTS EN FORME! (8-12)

This class focuses on motor skills and self confidence developpement. Your kid will learn simple and complexe movements that will improve their sport potential.

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!

STIFF YOGA

This class aim is to develop flexibility. You don't need to be experienced in yoga to feel the benefits from this class. You will live an experience where the use of breathing and simple positions will allow you to relax and gain flexibility.

BOOTY BLAST

You will work your legs and buttock like never before. This express class of 30 minutes will allow you to tone your muscle of this specific area!

EPIC TONE

You will train your whole body with different tools such as steps and barbells. You will improve your cardiovascular capacity and your strength endurance. Be ready to sweat and work your muscles!

TEMPO RIDE

This spinning class focuses on the music rhythm. You will work in synchronicity with the teacher and other participants. You will live a group class experience like nothing else!

TIGHT FIT

This spinning class focuses on the music rhythm. You will work in synchronicity with the teacher and other participants. You will live a group class experience like nothing else!