

DU 2 JANVIER AU 31 MAI 2019

# Cours de groupe\*



CARDIO



FORCE/TONUS



FLEXIBILITÉ



MIX

Pour la description des cours, veuillez consulter la section Gym et Cours de groupe sur [tennis-ids.com](http://tennis-ids.com)

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	CARDIO VÉLO** 6h45 à 7h45 Jacky - Studio 3	BODY TONUS 6h45 à 7h45 Jacky - Studio 1	CARDIO VÉLO** 6h45 à 7h45 Jacky - Studio 3		
BODY TONUS 9h15 à 10h15 Gael - Studio 1	CARDIO TONUS 9h30 à 10:30 Caroline - Studio 1	BODY TONUS 9h00 à 10h00 Jacky - Studio 1	STEP TONUS 9h30 à 10h30 Caroline - Studio 1	HIIT 9h15 à 10h15 Gaetan - Studio 1	CARDIO VÉLO** 9h à 10h - Studio 3
		ÉDUCATION SOMATIQUE 10h00 à 11h00 Chantal - Studio 2		ÉDUCATION SOMATIQUE 9h15 à 10h15 Chantal - Studio 2	YOGA FLOW 10h15 à 11h15 Jennifer - Studio 2
GYM SENIOR 10h30 à 11h30 Gael - Studio 1	ÉTIREMENTS DYNAMIQUES 10h30 à 11:30 Benjamin - Studio 2	ZUMBA GOLD 10h30 à 11h30 Maria - Studio 1	ÉTIREMENTS DYNAMIQUES 10h30 à 11h30 Benjamin - Studio 2	GYM SENIOR 10h30 à 11h30 Gael - Studio 1	
TRX-BOOTCAMP 18h15 à 19h15 Gaetan - Studio 1			ZUMBA 18h15 à 19h15 Jennifer - Studio 1		
	CARDIO VÉLO** 18h15 à 19h15 Gael - Studio 3	CARDIO VÉLO** 18h15 à 19h15 Ekaterina - Studio 3	CARDIO VÉLO** 18h15 à 19h15 Benjamin - Studio 3		
YOGA FLOW 19h20 à 20h20 Lindsay - Studio 1	PILATES 19h20 à 20h20 Gael - Studio 2	YOGA FLOW 19h20 à 20h20 Lindsay - Studio 1	HIIT 19h20 à 20h20 Benjamin - Studio 1		

## RÈGLEMENTS

\* Les instructeurs et les classes peuvent changer sans préavis. (Prière de consulter régulièrement la section Gym de [tennis-ids.com](http://tennis-ids.com).) S'il y a moins de 10 personnes en classe pendant plus de 3 semaines consécutives, Espace Fome se réserve le droit d'annuler ce cours (aucun dédommagement). \*\* Afin de pouvoir participer aux cours de **Cardio Vélo**, vous devez réserver votre place, jusqu'à 7 jours à l'avance. Il est toutefois possible d'y assister sans réservation, si des places sont disponibles. (poste 227)

Pas de cours de groupe Vendredi 19 avril et Lundi 22 avril (Pâques)

Pour toute information concernant nos installations, programmes et services, veuillez contacter :

**JENNIFER MORSE**  
514.766.1208 p. 551  
[jmorse@tennis-ids.com](mailto:jmorse@tennis-ids.com)

FROM JANUARY 2<sup>nd</sup> TO MAY 31<sup>st</sup>, 2019

# Group Classes\*

■ **CARDIO** ■ **STRENGTH/TONE** ■ **FLEXIBILITY** ■ **MIX**

NUNS' ISLAND TENNIS CLUB FITNESS CENTRE

For class descriptions, please consult the Gym and group classes section online at [tennis-ids.com](http://tennis-ids.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>SPINNING**</b> 6:45 a.m. to 7:45 a.m. Jacky • Studio 3</p>	<p><b>BODY TONUS</b> 6:45 a.m. to 7:45 a.m. Jacky • Studio 1</p>	<p><b>SPINNING**</b> 6:45 a.m. to 7:45 a.m. Jacky • Studio 3</p>		
<p><b>BODY TONUS</b> 9:15 a.m. to 10:15 a.m. Gael • Studio 1</p>	<p><b>CARDIO TONUS</b> 9:30 a.m. to 10:30 a.m. Caroline • Studio 1</p>	<p><b>BODY TONUS</b> 9 a.m. to 10 a.m. Jacky • Studio 1</p>	<p><b>STEP TONUS</b> 9:30 a.m. to 10:30 a.m. Caroline • Studio 1</p>	<p><b>HIIT</b> 9:15 a.m. to 10:15 a.m. Gaetan • Studio 1</p>	<p><b>SPINNING**</b> 9 a.m. to 10 a.m. • Studio 3</p>
		<p><b>SOMATIC EDUCATION</b> 10 a.m. to 11 a.m. Chantal • Studio 2</p>		<p><b>SOMATIC EDUCATION</b> 9:15 a.m. to 10:15 a.m. Chantal • Studio 2</p>	<p><b>YOGA FLOW</b> 10:15 a.m. to 11:15 a.m. Jennifer • Studio 2</p>
<p><b>SENIOR GYM</b> 10:30 a.m. to 11:30 a.m. Gael • Studio 1</p>	<p><b>CORE STRETCH</b> 10:30 a.m. to 11:30 a.m. Benjamin • Studio 2</p>	<p><b>ZUMBA GOLD</b> 10:30 a.m. to 11:30 a.m. Maria • Studio 1</p>	<p><b>CORE STRETCH</b> 10:30 a.m. to 11:30 a.m. Benjamin • Studio 2</p>	<p><b>SENIOR GYM</b> 10:30 a.m. to 11:30 a.m. Gael • Studio 1</p>	
<p><b>TRX-BOOTCAMP</b> 6:15 p.m. to 7:15 p.m. Gaetan • Studio 1</p>			<p><b>ZUMBA</b> 6:15 p.m. to 7:15 p.m. Jennifer • Studio 1</p>		
	<p><b>SPINNING**</b> 6:15 p.m. to 7:15 p.m. Gael • Studio 3</p>	<p><b>SPINNING**</b> 6:15 p.m. to 7:15 p.m. Ekaterina • Studio 3</p>	<p><b>SPINNING**</b> 6:15 p.m. to 7:15 p.m. Benjamin • Studio 3</p>		
<p><b>YOGA FLOW</b> 7:20 p.m. to 8:20 p.m. Lindsay • Studio 1</p>	<p><b>PILATES</b> 7:20 p.m. to 8:20 p.m. Gael • Studio 2</p>	<p><b>YOGA FLOW</b> 7:20 p.m. to 8:20 p.m. Lindsay • Studio 1</p>	<p><b>HIIT</b> 7:20 p.m. to 8:20 p.m. Benjamin • Studio 1</p>		

**RULES**

\* The instructors and classes are subject to change without notice. (Please check the Gym section of [tennis-ids.com](http://tennis-ids.com) regularly.) If there are less than 10 attendees in class for over 3 consecutive weeks, Espace Force reserves the right to cancel this class (no refunds). \*\* In order to participate in our **spinning classes**, you must reserve your place, up to seven (7) days prior. However, it is possible to attend class if a place is available on the day of the class. (**Extension #227**)

No group classes Friday April 19<sup>th</sup> and Monday April 22<sup>nd</sup> (Easter Holidays)

For all information concerning group classes and training services, please contact:

**JENNIFER MORSE**  
514.766.1208 ext. 551  
[jmorse@tennis-ids.com](mailto:jmorse@tennis-ids.com)