INSTRUCTIONAL CLASSES & RECREATION — **September 12th -December 11th, 2016**

	Class	Instructor	Day		Time	Price
Aerobics	Cardio Plus	Danielle Hubbard	M,W,F	Gym	12h05 - 13h00	$45/68
	Zumba	Veronica & Jorge	M,W,F	Gym	13h05 - 14h00	$45/68
	Hard Core	Dylan Normandin	M,W	Gym	17h05 - 18h00	$35/58
	Zumba Workout	Emily Martinez	Sat.	Gym	13h05 - 14h00	$25/42
	Muscle Toning	Wendy Virtanen	T,Th	Gym	12h05 - 13h00	$35/58
	High Gear	Maddi Comi	Sun.	Gym	17h05 - 18h00	$25/40
	Super Fit	DamianPinheiro	Sat.	Studio	19h00 - 20h15	$25/44
Spinning	Spinning A	Davida Syne	M,W	Studio	08h05 - 08h45	$35/53
	Spinning B	Mathilde Dube-Senecal	T,Th	Studio	08h05 - 08h45	$35/53
	Spinning C	Fred Francis	M,W	Studio	12h05 - 12h45	$35/53
	Spinning D	Mathilde Dube-Senecal	M,W	Studio	12h50 - 13h30	$35/53
	Spinning E	Davida Syne	T,Th	Studio	12h05 - 12h45	$35/53
	Spinning F	Davida Syne	T,Th	Studio	12h50 - 13h30	$35/53
	Spinning G	Daniel Roy	Mon.	Studio	16h00 - 16h50	$25/40
	Spinning H	Brian Cooper	Fri.	Studio	12h05 - 13h00	$25/40
	Spinning I	Fred Francis	M,W	Studio	17h05 - 17h50	$35/53
	Spinning J	Renee Jordan	T,Th	Studio	17h05 - 17h50	$35/53
	Spinning K	Lucie Choquette	M,W	Studio	18h05 - 18h50	$35/53
	Spinning L	Lucie Choquette	M,W	Studio	19h05 - 19h50	$35/53
	Spinning M	Emily Martinez	T,Th	Studio	18h05 - 18h50	$35/53
	Spinning N	Emily Martinez	T,Th	Studio	19h05 - 19h50	$35/53
	Spinning O	Emily Martinez	Sat.	Studio	14h30 - 15h20	$25/40
Fitness & Relaxation	Fusion	Wendy Virtanen	T,Th	Gym	11h05 - 12h00	$35/53
	Pilates A	Kasia Malec	T,Th	Gym	13h05 - 14h00	$35/53
	Pilates B	Alida Esmail	Sun.	Studio C	16h05 - 17h00	$25/42
	Pilates C	Wendy Virtanen	Sat.	Gym	14h05 - 15h00	$25/42
	Body Sculpt	Karen Kunigis	Thu.	Studio C	14h00 - 15h00	$25/42
	Morning Yoga I	Ming Berube-Sam	M,W	Gym	07h50 - 08h45	$35/53
	Morning Yoga II	Chrissy Skerritt	Tue.	Studio C	07h50 - 08h45	$20/25
	Morning Yoga III	Nicole Duff	Thu.	Studio C	07h50 - 08h45	$20/25
	Yoga A	Lisa Griffin	T,Th	Studio C	12h05 - 13h00	$35/53
	Yoga B	Roger Sanders	T,Th	Gym	16h05 - 17h00	$35/53
	Yoga C	Lisa Griffin	M,W	Gym	16h05 - 17h00	$35/53
	Yoga D	Cory Garfinkle	Thu.	Gym	17h05 - 18h00	$30/42
	Yoga E	Wendy Virtanen	Sun.	Studio C	13h05 - 14h00	$30/42
	Yoga F	Andrew Diestler	Sun.	Studio C	17h05 - 18h00	$25/42
	Yoga G	Angelina Trofimova	Mon.	Studio C	12h05 - 13h00	$25/42
	Yoga H	Chrissy Skerritt	Sat.	Gym	12h05 - 13h00	$25/42
	Yoga I	Dina Vescio	Fri.	Gym	07h50 - 08h45	$25/40
	Power Yoga	Louis Guillemette	W,F	Studio C	12h05 - 13h00	$35/53
Dance	Belly Dance Workout	Genevieve Lefebvre	Fri.	Gym	16h00 - 17h10	$30/48
	Basic Kizomba	Kevin & Shakti	Tue.	Gym	20h50 - 22h00	$40/58
	Ballet Workout	Julie Robert	Sun.	Studio C	18h05 - 20h00	$50/70
	Essentrics	Genevieve Lefebvre	Sun.	Studio C	11h00 - 12h00	$30/36
	Hip Hop	Leah McKesey	Sun.	Gym	13h05 - 14h30	$40/55
	Hip Hop (int.)	Leah McKesey	Thu.	Gym	19h35 - 21h00	$40/55
	Salsa A	Kevin & Shakti	Tue.	Gym	18h05 - 19h30	$40/58
	Salsa B	Perez & Lefebvre	Fri.	Gym	17h15 - 18h45	$40/58
	Salsa C (adv.)	Perez & Lefebvre	Fri.	Gym	18h50 - 20h20	$40/58
	Strut with me (Dance intro)	Tessa Ross	Fri.	Gym	20h30 - 22h00	$35/50
	Tango Lessons	Vignalou & Krikorian	Sun.	Gym	18h05 - 20h00	$45/70
	Zumba	Genevieve Lefebvre	Tue.	Gym	19h35 - 20h45	$40/55
Martial Arts	Jiu-jitsu (Brazilian)	Mestre Peninha	Wed.	Gym	18h05 - 19h30	$35/55
	SAVATE Kickboxing (int/adv.)	Raphael Estevao	M,W	Gym	19h35 - 21h00	$60/78
	SAVATE Kickboxing (beg.)	Raphael Estevao	M,W	Gym	21h05 - 22h30	$60/78
	Karate (beg.)	Melarie Taylor	Thu.	Gym	18h05 - 19h30	$30/42
	Karate (int./adv.)	Melarie Taylor	Mon.	Gym	18h05 - 19h30	$30/42
	Ninjutsu	Newton Whiter	Sat.	Gym	15h05 - 17h00	$40/58
	Tai Chi	Roger Ashton	Sun.	Studio C	14h30 - 16h00	$35/48
	Chi Kung	Roger Ashton	Wed.	Studio C	08h05 - 08h50	$25/35
	Chi Kung II	Roger Ashton	Fri.	Studio C	08h05 - 08h50	$25/35
Recreation	Badminton		M,W	Gym	09h05 - 11h50	$30/40
			T,Th	Gym	08h05 - 10h30	
			Sat,Sun.	Gym	09h00 - 11h50	
	Basketball (pick-up)		M - Fri.	Gym	14h05 - 15h50	$20/40
	Basketball (outdoors)		M - Fri.	Grey Nuns	16h00 - 19h00	free
	Beach Volleyball		W,Th,F	Grey Nuns	16h00 - 19h00	free
			Sat,Sun.	Grey Nuns	14h05 - 17h50	free
	Open Training (outdoors)		M-F	Grey Nuns	08h00 - 11h00	free
			Sat,Sun	Grey Nuns	08h00 - 17h00	free

Weight Room — **September 1st - December 17th, 2016**

TRAINING CENTRE

Operating hours	M-Fri.	07h00 - 22h00	
	Sat.	09h00 - 19h00	
	Sun.	09h00 - 22h00	
Concordia Students $75.00	**Staff, Faculty, Alumni $140**		**Public $170**
Personal Training	M-Sun.	by appointment	$30/35/hr.

REGISTRATION opens Tuesday, August 23rd, 2016 at 07h30
To obtain Concordia student prices, valid Condordia ID card is required at registration.
We accept VISA, MasterCard & Debit cards only (no cash please).
Schedule subject to change. Taxes are not included in the prices listed.