

Registration Information Summer 2021

Online Registration

June 14 at 10 am to June 18 at 4 pm

HOW TO REGISTER ONLINE

1- If you already have an account:

Click "Login" and enter your username and password.

If you don't have an account:

Click on "Create your account" and follow the steps given to create your account.

2- Once on the online registration site, click on the "Register" button under your name.

3 - Select your name in the member tab

4- Select "Physical Fitness" in the program tab

5 - Select the desired level

6- Click on the "Add to cart" button located next to the desired activity;

- A small green rectangle will confirm the addition of the activity to the basket.

7- Repeat step 5 and 6 as many times as necessary.

8- When all the activities have been selected, click on the "Cart" icon at the top right;

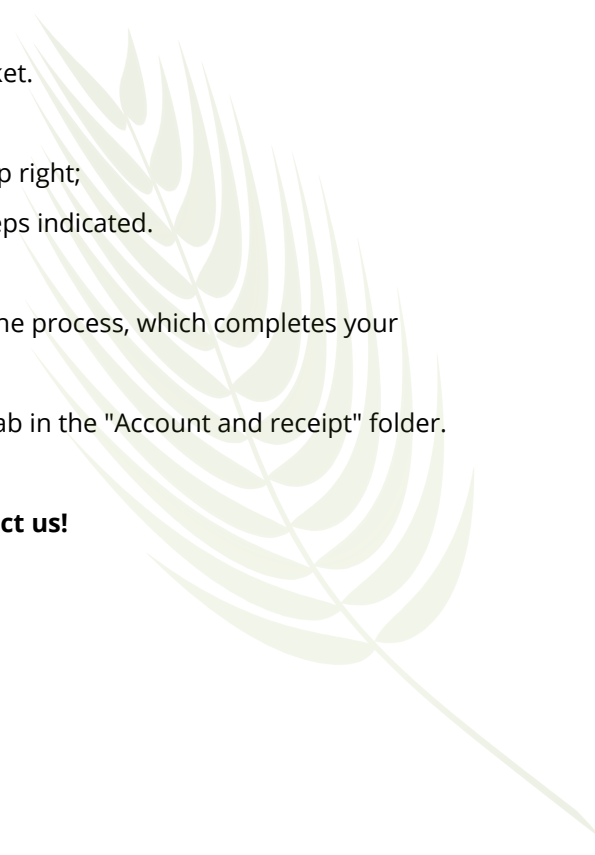
9- Click on "Proceed to check out" to make your payment by following the steps indicated.

- Accept the payment terms.

- The system will ask you for your credit card number at the very end of the process, which completes your registration.

- Following payment, your receipt will be available in the "My account" tab in the "Account and receipt" folder.

If you have any difficulties or questions, please do not hesitate to contact us!



Physical Well Being Program Summer 2021

MONDAY

Walk Fit 2 with Fadi (6 weeks - \$45) ONSITE

After a warm-up, we will head to Centennial Park for a brisk walk at a pace of about 100 steps per minute. Recovery and breathing exercises will follow.

07/05 - 08/09
9:00 - 10:00

Walk fit 1 with Fadi (6 weeks - \$45) ONSITE

Basic course for all: after a 15-minute warm-up, we will head towards the Centennial Park for a 30-minute walk-in nature. Afterwards, 10 minutes of recovery exercises.

07/05 - 08/09
10:00 - 11:00

Yoga chair with Lyse (5 weeks - \$12,50) ZOOM

Working on balance and flexibility this course gives you the opportunity to experience the relaxation of Yoga without having to go down on the floor. It is designed for those people who are unable to get down to the floor and back up with ease.

07/05 - 08/02
10:30 - 11:30

Fit for life 1 Jackie (6 weeks - \$15) ZOOM

Set to music, this slower-paced course will help you maintain fitness for everyday life. The benefits of increased coordination and muscular endurance can help maintain independence. * There is no floor work in this course. A chair can be used for this exercise

07/05 - 08/09
11:00 - 12:00

Stretchalates with Lyse (5 weeks - \$12,50) ZOOM

Inspired by Pilates, this slow to medium-paced stretching class will improve your flexibility, balance, and coordination as you work to strengthen all the joints in your body. Some exercises are performed on floor mats.

07/05 - 08/02
13:15 - 14:15

TUESDAY

Yoga with Lyse (5 weeks - \$12,50) ZOOM

As this slow-paced class progresses from relaxation exercises, to warm-up, to endurance, you'll tone your whole body to soothing music. To master yoga you'll learn how to combine the movements with the proper breathing and posture. *A yoga mat is required.

07/06 - 08/03
9:45 - 10:45

Tai Chi chair/1 with Colin (6 weeks - \$15) ZOOM

Set to meditative Chinese music, the slow, deliberate movements of Tai Chi emphasize body awareness. Either standing or seated, as you focus on each position, your flexibility, and coordination will improve.

07/06 - 08/10
10:30 - 11:30

WEDNESDAY

Walk Fit 2 with Fadi (6 weeks - \$45) ONSITE

After a warm-up, we will head to Centennial Park for a brisk walk at a pace of about 100 steps per minute. Recovery and breathing exercises will follow.

07/07 - 08/11
9:00 - 10:00

Walk fit 1 with Fadi (6 weeks - \$45) ONSITE

Basic course for all: after a 15-minute warm-up, we will head towards the Centennial Park for a 30-minute walk-in nature. Afterwards, 10 minutes of recovery exercises.

07/07 - 08/11
10:00 - 11:00

Fit for life 2 Maya (6 weeks - \$15) ZOOM

Set to music, this medium-paced course will tone and strengthen your muscles while improving your balance and coordination. Add the cardio and flexibility elements & you have a well-rounded, fun workout!

07/07 - 08/11
11:30 - 12:30

THURSDAY

umba Gold 1 with Jackie (6 weeks - \$15) ZOOM

Come and dance your way to improve your cardio, balance and coordination as you follow the catchy music at a slow to medium pace always facing one wall.

07/08 - 08/12
10:00 - 11:00

Tai Chi 2 with Colin (6 weeks - \$15) ZOOM

Set to meditative Chinese music, the slow, deliberate movements of Tai Chi emphasize body awareness. As you focus on each position, your flexibility, balance and coordination will improve, all of which aid in daily living.

07/08 - 08/12
11:15 - 12:15

Balance & Mobility : Basic level with Lyse (5 weeks - \$12,50) ZOOM

Learning of fundamental gentle skills with several static and dynamic balance movements. This course was designed for members wanting to improve their balance and reaction time, two essential skills in avoiding falls. Especially useful for our icy Montreal winters! * There is no floor work in this course.

07/08 - 08/06
13:15 - 14:15