



YMCA of Greater Moncton
30 War Veterans Ave
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YMCA du Grand Moncton
30 Ave des Anciens Combattants
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Spring Program Programme du Printemps

14 Mar 2010 - 26 Jun 2010

Hours of Operation:
Mon-Fri 05:30a-10:00p
Sat/Sun 07:00a-08:00p
Holidays 09:00a-05:00p

Adult Fitness - Forme Physique Adultes

	Sunday Dimanche	Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi
Adult Open Gym <i>Accès libre au gymnase pour adultes</i>	07:00a - 10:00a 05:00p - 08:00p	08:15p - 10:00p Basketball	08:15p - 10:00p Badminton	08:15p - 10:00p Basketball	08:15p - 10:00p Badminton	07:00p - 10:00p Teen Night, 13 18	
Boot Camp <i>Boot Camp</i>	02:30p - 03:15p			07:15p - 08:00p			
Cardio Combo <i>Cardio Combo</i>		12:15p - 01:00p				09:00a - 10:00a	
Chair Yoga <i>Yoga sur chaise</i>		10:45a - 11:15a		10:45a - 11:15a		10:45a - 11:15a	
Cyclefit <i>Véloforme</i>	10:00a - 11:00a	12:15p - 01:00p 05:30p - 06:30p 06:45p - 07:45p	06:00a - 07:00a 09:00a - 10:00a 06:00p - 07:00p	05:30p - 06:30p 06:45p - 07:45p	09:00a - 10:00a 06:00p - 07:00p	06:00a - 07:00a 12:15p - 01:00p 05:15p - 06:15p	10:30a - 11:30a
Cyclefit Group Ride (Ends May 29) <i>Véloforme en groupe (Fin 29 Mai)</i>							08:30a - 09:30a
Cyclefit Orientation <i>Orientation au véloforme</i>	Choose from one of the following : March 20, April 17, May 15 from 01:30p - 02:30p Choisir parmi l'une des dates suivantes: 27 Mars, 17 Avril, 15 Mai de 01:30p - 02:30p						
Group Centergy <i>Group Centergy</i>	12:00p - 01:00p	09:00a - 10:00a 07:15p - 08:15p	10:30a - 11:30a 12:15p - 01:15p	06:00a - 07:00a 07:15p - 08:15p	10:30a - 11:30a 12:15p - 01:15p	09:00a - 10:00a	
Group Power <i>Group Power</i>		06:00a - 07:00a 05:30p - 06:30p	12:15p - 01:15p 07:00p - 08:00p	09:00a - 10:00a 05:30p - 06:30p	07:00p - 08:00p		07:45a - 08:45a 09:00a - 10:00a
Laughter Yoga <i>Le yoga du rire</i>							11:45a - 12:30p
Lebed Method <i>La méthode Lebed</i>				01:30p - 02:30p			
Nordic Walking <i>Marche Nordique</i>	March 20 3:30p - 06:00p, April 20 10:30a - 12:00p, May 15 03:30p - 06:00p 27 Mars 03:30p - 06:00p, 20 Avril 10:30a - 12:00p, 15 Mai 03:30p - 06:00p						
Open Gym Walking <i>Marche Libre dans le gymnase</i>			08:00a - 08:45a		08:00 - 08:45a		
Prime Time <i>Heures prioritaires</i>		10:15a - 10:45a				10:15a - 10:45a	
Super Flex & Tone <i>Flexi tonification avancée</i>		09:00a - 10:00a			06:00a - 07:00a	12:15p - 01:00p	
Tai Chi <i>Tai Chi</i>			01:30p - 02:30p				
YMCA Express Core <i>Série Express YMCA Core</i>	11:05a - 11:30a	06:45p - 07:10p		08:15a - 08:40a 06:45p - 07:10p	12:50p - 01:15p		
YMCA Express Cardio Bosu <i>YMCA Express Cardio Bosu</i>					12:15p - 12:45p		
Y Step I (Beginner) <i>Step aérobique Y I (Débutant)</i>	10:30a - 11:00a			12:15p - 01:00p		05:15p - 05:45p	
Y Step II (Intermediate) <i>Step aérobique Y II (Intermédiaire)</i>			05:30p - 06:30p		05:30p - 06:30p		
Y Step III (Advanced) <i>Step aérobique Y III (Avancé)</i>					09:00a - 10:00a		
Yoga (All levels) <i>Yoga (Tous les niveaux)</i>			05:00p - 05:45p 07:00p - 08:00p	12:15p - 01:15p	05:00p - 05:45p 07:00p - 08:00p		
Zumba <i>Zumba</i>		07:15p - 08:00p	09:00a - 10:00a	09:00a - 10:00a 08:15p - 09:00p			12:30p - 01:30p
Zumba Gold <i>Zumba Or</i>				10:15a - 10:45a			
Adult Therapy Swim <i>Natation thérapeutique adulte</i>	07:00a - 08:00p	05:30a - 11:30a 12:00p - 10:00p	05:30a - 11:00a 11:30a - 10:00p	05:30a - 10:30a 12:00p - 10:00p	05:30a - 11:00a 11:30a - 10:00p	05:30a - 11:30a 12:00p - 10:00p	07:00a - 08:00p
Adult Swim Lessons <i>Cours de natation pour adultes</i>	03:30p - 04:00p	08:30p - 09:00p		08:30p - 09:00p			
Ai Chi <i>Ai Chi</i>			11:00a - 11:30a	10:30a - 11:00a	11:00a - 11:30a		
Arthritis Aquability <i>Aquabilité pour arthritiques</i>		11:30a - 12:00p		11:30a - 12:00p		11:30a - 12:00p	
Aquafitness (All levels) <i>Aquaforme (Tous les niveaux)</i>		09:00a - 10:00a 07:30p - 08:30p	09:00a - 10:00a 07:30p - 08:30p	09:00a - 10:00a 07:30p - 08:30p	09:00a - 10:00a 07:30p - 08:30p	09:00a - 10:00a	09:00a - 10:00a
Family Member Swim <i>Natation familiale pour membres</i>	04:00p - 08:00p	01:30p - 03:30p		01:30p - 03:30p		06:00p - 10:00p	04:00p - 08:00p
Member Lane Swimming <i>Natation en couloir pour membres</i>	07:00a - 10:00a 04:00p - 08:00p	05:30a - 10:00p	05:30a - 05:00p 07:30p - 10:00p	05:30a - 10:00p	05:30a - 05:00p 07:30p - 10:00p	05:30a - 10:00p	07:00a - 10:00a 04:00p - 08:00p
Open Public Swim <i>Natation publique libre</i>	06:00p - 08:00p			01:30p - 03:30p		08:00p - 10:00p	06:00p - 08:00p
Open Public Lane Swim (ages 13+) <i>Natation publique en couloir (13+)</i>			08:00a - 09:00a		08:00a - 09:00a		
Water in Motion <i>En mouvement dans l'eau</i>		11:00a - 11:30a		11:00a - 11:30a		11:00a - 11:30a	

Main Gym / Gymnase principale | Studio Gym / Studio | Other Rooms / Autres salles | Main Pool / Piscine principale | Therapy Pool / Piscine thérapeutique | Play Pool / Pataugeuse

Parental Participation / Participation Parentale PG

Additional cost / Coûts additionnels \$

Sign up required / Pré Inscription

