

Le Gym		INSTRUCTIONAL CLASSES			January 11th - April 18th		
	Class	Instructor	Day	Time	Price		
Aerobics	Morning Aerobics	Fred Francis	T,Th	Gym	07h35 - 08h35	\$25/30	
	Hard Core	Marie-Soleil Harvey	M,W	Gym	13h05 - 14h00	\$25/30	
	Cardio Plus	Danielle Hubbard	M,W,F	Gym	12h05 - 13h00	\$30/40	
	Cardio Latino	Emily Martinez	Sat.	Gym	13h05 - 14h00	\$15/25	
	Muscle Toning	Tim Dolla	T,Th	Gym	12h05 - 13h00	\$25/35	
	Abs & Thighs	Marie-Soleil Harvey	Sun.	Gym	17h05 - 17h55	\$15/25	
Spinning	Spinning A	Marie-Soleil Harvey	T,Th	Studio	08h05 - 08h45	\$25/35	
	Spinning B	Fred Francis	M,W,F	Studio	11h50 - 12h30	\$35/50	
	Spinning C	Fred Francis	M,W,F	Studio	12h40 - 13h20	\$35/50	
	Spinning D	Daniel Roy	T,Th	Studio	11h50 - 12h30	\$25/35	
	Spinning E	Lucie Choquette	T,Th	Studio	12h40 - 13h20	\$25/35	
	Spinning F	Lucie Choquette	M,W	Studio	17h00 - 17h40	\$25/35	
	Spinning G	Fred Francis	T,Th	Studio	17h10 - 17h50	\$25/35	
	Spinning H	Nola Kilmartin	M,W	Studio	18h10 - 18h50	\$25/35	
	Spinning I	Sophie d.I.Sabloniere	T,Th	Studio	18h10 - 18h50	\$25/35	
	Spinning J	Cleo Roch	T,Th	Studio	19h10 - 19h50	\$25/35	
	Spinning K	Julia McNally	Fri.	Studio	16h10 - 16h50	\$15/20	
	Spinning L	Julia McNally	Sat.	Studio	12h30 - 13h10	\$15/20	
	Spinning M	Emily Martinez	Sat.	Studio	14h30 - 15h10	\$15/20	
	Spinning N	T.B.A	Sun.	Studio	12h40 - 13h20	\$15/20	
	Spinning O	Marie-Soleil Harvey	Sun.	Studio	18h10 - 18h50	\$15/20	
Fitness & Relaxation	Pilates A	Kasia Malec	T,Th	Gym	13h10 - 14h00	\$30/40	
	Pilates B (int.)	Helen Simard	M,W	Gym	17h05 - 18h00	\$30/40	
	Pilates C	Kasia Malec	M,F	Studio C	12h05 - 13h00	\$30/40	
	Pilates D	Jamie Haraldson	Sat.	Studio C	12h05 - 13h00	\$20/30	
	Pilates E	Sasha Kleinplatz	Sun.	Gym	16h05 - 17h00	\$20/30	
	Yoga A	Jamie Haraldson	T,Th	Studio C	08h05 - 08h50	\$30/40	
	Yoga B	Lisa Griffin	T,Th	Studio C	12h05 - 13h00	\$30/40	
	Yoga C	Alex Richardson	T,Th	Gym	16h05 - 17h00	\$30/40	
	Yoga D	Lisa Griffin	M,W	Gym	16h05 - 17h00	\$30/40	
	Yoga E	Lisa Griffin	M,W	Studio C	17h05 - 18h00	\$30/40	
	Yoga F	Alex Richardson	T,Th	Gym	17h05 - 18h00	\$30/40	
	Yoga G	Melina Stinson	Sun.	Studio C	12h05 - 13h00	\$20/30	
	Yoga H	Jamie Haraldson	Sun.	Studio C	17h05 - 18h00	\$20/30	
	Power Yoqa	Louis Guillemette	Wed. & Fri.	Studio C	12h05 - 13h00 13h05 - 14h00	\$30/40	
	Dance	Belly Dance Workout	Danielle Davies	Tue.	Gym	11h05 - 12h00	\$25/35
Ballet Workout		Alex Richardson	Th, Sun.	Studio C	18h05 - 19h30	\$25/35	
Contemporary Dance		Zuzana Sevcikova	Th.	Studio C	17h05 - 18h00	\$25/35	
NIA		Felicia Shulman	Tue.	Studio D	17h05 - 18h00	\$25/35	
Salsa A (beg.)		T.B.A.	Tue.	Studio D	18h05 - 19h30	\$35/50	
Salsa A		Alex Richardson	Tue.	Gym	18h05 - 19h30	\$35/50	
Salsa B		Ridley Joseph	Fri.	Gym	17h10 - 18h40	\$35/50	
Salsa C (adv.)		Ridley Joseph	Fri.	Gym	18h45 - 20h15	\$35/50	
Swing		Olivier Didur	Fri.	Gym	20h30 - 22h00	\$30/40	
Tango Lessons		Vignalou & Barnstaple	Sun.	Gym	18h05 - 20h00	\$45/60	
Martial Arts	Aikido	Antonio Perretta	M,W	Studio C	18h05 - 20h00	\$50/65	
	Capoeira (beg.)	Thiago Barros	M,W	Gym	10h30 - 12h00	\$40/50	
	Capoeira	F. Koffy/R. Scott	T,Th	Gym	19h35 - 21h30	\$40/50	
	Russian Systema	Andrew Middleton	Fri.	Studio C	17h30 - 19h00	\$25/35	
	Kickboxing (beg.)	Raphael Esteveao	M,W	Gym	21h05 - 22h30	\$55/60	
	Kickboxing	Raphael Esteveao	M,W	Gym	19h35 - 21h00	\$55/60	
	Karate (beg.)	Melarie Taylor	Tue.	Studio C	18h35 - 20h00	\$25/30	
	Karate (int.)	Melarie Taylor	Th.	Gym	18h05 - 19h30	\$30/40	
	Karate (adv.)	Melarie Taylor	Mon.	Gym	18h05 - 19h30	\$30/40	
	Ninjutsu	Tristan Mole	Tue. & Sat.	Studio C Gym	17h05 - 18h30 16h05 - 18h00	\$40/50	
	Tai Chi	Roger Ashton	Sun.	Studio C	15h05 - 16h30	\$20/30	
Recreation	Badminton		M,W,F & T,Th	Gym	08h05 - 10h30 09h05 - 10h30	\$15/25	
	Basketball		M,T,Th,F	Gym	14h05 - 15h55	\$15/25	
	Table Tennis		W, Sat. & Sun.	Gym	14h05 - 16h00 09h05 - 12h00	\$20/30	
	Running Club	John Lofranco	T,Th		17h05 - 18h00	\$25/40	

Le Gym		January 4th - April 30th, 2010		
TRAINING CENTRE	Operating hours	M-Fri.	07h00 - 22h00	
		Sat.	09h00 - 19h00	
		Sun.	09h00 - 22h00	
	Concordia Students \$60	Staff, Faculty, Alumni \$120	Public \$150	
	Personal Training	M-Sun.	by appointment	\$25/hr.

To obtain Concordia student prices, valid Concordia 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.

LOYOLA ATHLETIC COMPLEX

Recreational Activities		January 10 to April 18, 2010				
Fitness & Relaxation	Yoga	Jamie Heraldson	M,W	12h05-13h00	\$35	\$45
	Pilates	Karine Kunigis	T,Th	12h05-13h00	\$35	\$45
	Aerobic Fitness		Fri.	12h05-13h00	\$25	\$35
Martial Arts	Iaido	Dean Jolly	Sat.	09h00-10h30	\$30	\$45

	Kendo	Santoso Hanitjo	Tue. Sat.	18h00-19h40 10h45-12h15	\$50	\$65
Sport Leagues	Basketball	Devin Frank	Tue.	19h20-23h00	\$30	\$45
	Indoor Soccer	Bin Han	Wed.	18h30-23h00	\$25	\$35
	Advanced Volleyball	Adam van Vlaardingen	Mon.	19h00- 23h00	\$35	\$45
	Intermediate Volleyball	Jasmine Moumme	Thu.	19h00-23h00	\$35	\$45
Recreation	Badminton	Steve Chong-Kwang	Sun	18h00-22h00	\$20	\$30
	Weight Room		M-Sun.	09h00-22h00	\$25	\$40
	Figure Skating 101		Tues.	09h00-10h00	\$25	\$40
	Gym 'Free-Time'		as scheduled			
	Free Skating		Weekly, as scheduled			
	Shinny Hockey		Weekly, as scheduled			

Registration Begins Monday, Jan. 4th, 2010

In person at Loyola Athletic Complex. 7200 Sherbrooke ouest

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Day Pass: Concordia Students: \$5, Others: \$7

Schedule is subject to change. Taxes not included.

www.concordia.ca/recreation