

Print date: 2025-09-08

Spring 2019 From 2019-03-25 to 2019-06-16

OPENING HOURS

Monday - Friday: 6 a.m. - 10 p.m.

Saturday - Sunday: 7:30 a.m. - 7:30 p.m.

Special schedule

Monday, September 1 (Labour Day): no Group Fitness

Monday, October 13 (Thanksgiving Day): no Group Fitness

August 25 to September 14, 2025: Pool closed

POOL CLOSURE

August 25 to September 14, 2025

Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 13:00 Cross Training <i>Functional</i> Training Room - Luce BB / \$	18:00 - 19:00 Cross Training <i>Functional</i> Training Room - Marie-Eve BB / \$	12:00 - 13:00 Functional Training <i>Functional</i> Training Room - Luce BB / \$	18:00 - 19:00 Mobility and performance <i>Functional</i> Training Room - Jean-Paul BB / \$		12:05 - 13:05 Myofascial Massage <i>Functional</i> Training Room - Hooma / \$	
18:00 - 19:00 TRX® Circuit <i>Functional</i> Training Room - Penny / \$			19:00 - 20:00 TRX® Introduction <i>Functional</i> Training Room - Penny / \$			

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | BB Baby friendly | ✂ Registration required | \$ Additional payment required

| 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 💰 Additional fee for non-members | 🧑🏠 Activity open to City of Montréal residents | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/en/Fitness-and-Aquatic-Activities.

Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 17:50 Family Open Gym (0-12 yrs with parents) <i>Gym 2</i> BB	17:45 - 18:25 Family Core Strength & Abs (0-11 yrs with parents) <i>Studio 3 - Pari</i> BB	16:30 - 17:20 Family Open Gym (0-12 yrs with parents) <i>Gym 2</i> BB	19:30 - 20:30 Pilates (8 yrs+) (8+) <i>Studio 3 -</i> <i>Hooma</i> BB		09:30 - 12:45 Family Open Gym (0-12 yrs with parents) <i>Gym 1 & 2</i> BB	09:30 - 11:50 Family Open Gym (0-12 yrs with parents) <i>Gym 1 & 2</i> BB
17:30 - 18:15 Cycling (8 yrs+) (8+) <i>Studio 1B -</i> <i>Evelyn</i> BB(R)					10:15 - 11:00 Family Bootcamp (0-11 yrs with parents) <i>Studio 3 -</i> <i>Stefania</i> BB	11:15 - 12:00 Family PLYOGA® (0-11 yrs+ with parents) <i>Studio 2 -</i> <i>Violaine</i> BB
17:45 - 18:25 Family STRONG by Zumba® (0- 11 yrs with parents) <i>Studio 3 - Yvette</i> BB						

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | BB Baby friendly | ✍️ Registration required | 💰 Additional payment required
 | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 💰 Additional fee for non-members | 🧑🏠
 Activity open to City of Montréal residents | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number
 of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are
 subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date
 schedule information visit: ymcaquebec.org/en/Fitness-and-Aquatic-Activities.