

Print date: 2025-05-23

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

OPENING HOURS	<b>Monday - Friday:</b> 6 a.m. - 10 p.m.
	<b>Saturday - Sunday:</b> 7:30 a.m. - 7:30 p.m.
	Special schedule
POOL CLOSURE	<b>Monday, May 19 (National Patriots Day):</b> no Group Fitness
	Saturday - Sunday: 7 p.m.

### Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	08:15 - 08:55 Sculpt 'n Pilates Studio 2 - Jenny				10:00 - 11:00 Aero-Step-Toning Studio 2 - Jenny	

### Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		19:20 - 20:05 PLYOGA® Studio 2 - Lama	19:30 - 20:30 Pilates (8 yrs+) (8+) Studio 3 - Hooma BB			

### Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 13:00 Cross Training Functional Training Room - Luce BB / \$	18:00 - 19:00 Cross Training Functional Training Room - Marie-Eve BB / \$	12:00 - 13:00 Functional Training Functional Training Room - Luce BB / \$	18:00 - 19:00 Mobility and performance Functional Training Room - Jean-Paul BB / \$		12:05 - 13:05 Myofascial Massage Functional Training Room - Hooma / \$	
18:00 - 19:00 TRX® Circuit Functional Training Room - Penny / \$			19:00 - 20:00 TRX® Introduction Functional 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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).