



Print date: 2025-07-16

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 p.m. Special schedule
POOL CLOSURE	Monday, September 1 (Labour Day): no Group Fitness Saturday - Sunday: 6:30 p.m.

Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09:00 - 10:00 Power Toning Gym - Beth	10:00 - 11:00 Aero-Kickboxing Gym - Sule	09:00 - 10:00 BOSU Studio 1 - Diana	09:00 - 10:00 Toning with Barre Studio 1 - Livia	09:00 - 10:00 Aero-Chance Gym - Équipe/Team	
	09:00 - 10:00 Gentle Aerobics Studio 1 - Lilian		09:00 - 10:00 Gentle Aerobics Studio 2 - Lilian			
	10:30 - 11:30 Total Sculpt Parent-Baby (0-12 mos with parents) Gym - Beth BB ✂ Ⓜ \$N					

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:20 - 18:05 Aero-Kickboxing Studio 1 - Sule		17:00 - 18:00 Toning with Barre Studio 1 - Livia				
18:10 - 19:00 Power Toning Studio 1 - Diana						

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | ✂ Registration required | \$ Additional payment required | \$N Additional fee for non-members | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 🏊 Activity open to City of Montréal residents | Ⓜ Activity open to City of Westmount 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.