



Print date: 2025-06-25

Winter 2017 From 2017-01-09 to 2017-03-26

OPENING HOURS

Monday - Thursday: 7:30 a.m. - 8 p.m.

Friday: 7:30 a.m. - 9 p.m.

Saturday: 12:15 p.m. - 5:15 p.m.

Sunday: closed

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 10:00 Bootcamp Studio A - Caroline BB	09:00 - 10:00 Yoga Youth Zone - Gaby	09:00 - 10:00 Bootcamp Studio A - Gaby BB	06:30 - 07:30 Yoga Studio A - Gaby	09:00 - 10:00 Bootcamp Studio A - Nancy BB	10:00 - 11:00 Cycling Gym - Camille/Nikki (R)	
			09:00 - 10:00 Zumba® Studio A - Cynthia		10:00 - 11:30 Yoga Studio A - Sarah	

Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	12:00 - 12:45 Cycling Gym 1 - Nikki (R)	12:00 - 12:55 Gentle Toning (all) Studio A - Kate	12:00 - 12:45 Cycling Studio A - Nancy (R)	12:00 - 13:00 Interval Training Studio A - Gen BB		11:00 - 12:15 Yoga – Meditation Studio A - Maria

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | ✍ Registration required | \$ Additional payment required | \$N 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.



Pointe-Saint-Charles YMCA

255 Ash Ave., Montreal, Quebec H3K 2R1

Tel. : 514 935-4711

ymcaquebec.org

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19:15 - 20:15 Yoga Studio A - Leigh-Ann	18:30 - 19:10 Cycling Studio A - Éline (R)	18:15 - 19:10 Pilates Studio A - Marie-Claude	18:30 - 19:10 Cycling Studio A - Éline/Alyssa/Camille (R)			
	18:30 - 19:30 Tai Chi - Fan Youth Zone - Ron	19:30 - 20:30 Yoga Studio A - Rachel	18:30 - 19:45 Yoga Youth Zone - Sarah/Athéna			
	19:15 - 20:15 Zumba® Studio A - Rivky		19:15 - 20:15 STRONG Nation® Studio A - Rivky			
	19:35 - 20:35 Yoga Youth Zone - Athena					

Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00 - 10:45 Total Sculpt Parent-Baby Studio A - Gaby BB \$N	06:30 - 07:15 Cycle 'n Sculpt Studio A - Caroline (R)				

Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:55 Tabata (no impact) Studio A - Kate			13:00 - 14:00 Physical Conditioning Studio A - Gaby BB ^{new}	11:00 - 11:55 Qi Gong / Tai chi Studio A - Ron		

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Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:00 - 19:00 BOSU Studio A - Nancy BB		17:30 - 18:10 Tabata Bootcamp Studio A - Camille				

Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	17:45 - 18:25 Boxing Studio A - Guy		17:45 - 18:25 Boxing Studio A - Guy			

Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30 - 13:30 Open Badminton Gym	06:00 - 09:00 Open Badminton Gym	11:30 - 13:30 Open Badminton Gym	06:00 - 09:00 Open Badminton Gym	11:30 - 13:30 Open Badminton Gym	08:00 - 09:45 Open Badminton Gym	17:00 - 18:55 Open Basketball Gym
13:30 - 14:55 Open Basketball Gym 2	14:00 - 14:55 Open Basketball Gym 2	20:00 - 21:55 Open Badminton Gym				

Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 09:00 Open Gym Gym		06:00 - 09:00 Open Gym Gym		06:00 - 09:00 Open Gym Gym		08:00 - 09:00 Open Gym Gym
		13:30 - 14:45 Open Gym Gym				



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Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00 - 10:45 Total Sculpt Parent-Baby <i>Studio A - Gaby</i> BB \$N					10:55 - 11:55 Family Open Gym (6 mos - 12 yrs with parents) <i>Gym</i> \$N

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 20:00 Teen Program <i>Teen Zone</i>	16:00 - 20:00 Teen Program <i>Teen Zone</i>	16:00 - 20:00 Teen Program <i>Teen Zone</i>	16:00 - 20:00 Teen Program <i>Teen Zone</i>	16:00 - 20:00 Teen Program <i>Teen Zone</i>		
18:00 - 19:55 Cosom Hockey for Teens <i>Gym</i>		18:00 - 19:55 Basketball for Teens <i>Gym</i>		18:00 - 21:45 Teen Night <i>Gym</i>		

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Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			18:00 - 18:55 Soccer for Kids (beginner) Gym \$N		09:15 - 09:55 Circus Arts (3-4 years with parents) Gym 2 \$N	09:15 - 10:55 Kindergym (6 mos to 5 yrs with parents) Gym BB \$N
			19:00 - 19:55 Soccer for Kids (intermediate) Gym \$N		10:00 - 10:55 Circus Arts (5 - 7 years) Gym 2 \$N	
					11:00 - 11:55 Circus Arts (8-12 years) Gym 2 \$N	
					12:00 - 12:55 Soccer for Kids (Beginner) Gym \$N	
					13:00 - 14:15 Soccer for Kids (Intermediate) Gym \$N	

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