



Print date: 2025-09-08

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

### OPENING HOURS

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

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

Special schedule

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

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

### POOL CLOSURE

Saturday - Sunday: 6:30 p.m.

## Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:00 Yoga Studio 1 - Mary	06:30 - 07:30 Total Sculpt Studio 1 - Devon	08:00 - 08:50 Cycling Studio 2 - Mark (R)	08:00 - 08:50 Cycling Studio 2 - Cassandra (R)	06:30 - 07:30 Yogalates Studio 1 - Tammy	09:00 - 10:00 Pilates Studio 2 - Tammy	09:00 - 10:00 Cycling Studio 2 - Patrick (R)
08:00 - 08:50 Cycling Studio 2 - Mathilde (R)	07:30 - 08:00 Stretching Studio 1 - Devon	09:00 - 09:55 Total Sculpt Studio 1 - Linda	09:00 - 10:00 Interval Training Gym - Véronique	08:00 - 08:50 Cycling Studio 2 - Mathilde (R)	10:05 - 11:05 Cycling Studio 2 - Mark (R)	09:45 - 10:45 Total Sculpt Studio 1 - Livia
09:00 - 09:55 Total Sculpt Gym - Diana	08:00 - 08:50 Cycling Studio 2 - Cassandra (R)	10:00 - 10:55 Chair Yoga Studio 1 - Réal	10:00 - 11:00 Zumba® Studio 1 - Amberley	09:00 - 10:00 Zumba® Studio 1 - Cynthia	10:05 - 11:05 Interval Training Gym - Lauren	10:00 - 11:00 Bootcamp Gym - Sule
10:00 - 10:55 Zumba® Gym - Rivky	10:00 - 11:00 Zumba® Studio 1 - Cynthia		10:00 - 11:00 Tai Chi Studio 2 - Ron	09:00 - 10:00 Bootcamp Gym - Andrew		
10:00 - 11:00 Yoga Studio 2 - Diana	10:00 - 11:00 Pilates Studio 2 - André		10:05 - 11:05 Stretching Gym - Chitra	09:00 - 10:00 Pilates Studio 2 - André		
10:00 - 11:00 Stretching Studio 1 - Julian L.				10:05 - 11:05 Chair Yoga Studio 1 - Don		

**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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).



## Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 12:00 Zumba® Gold <i>Studio 1 - Rivky</i>	11:00 - 12:00 Tai Chi <i>Studio 1 - Ron</i>	11:00 - 12:00 Yoga <i>Studio 1 - Don</i>	11:00 - 12:00 Qi Gong/Chi Kung <i>Studio 2 - Ron</i>	12:00 - 13:30 Yoga <i>Studio 2 - Cary</i>	11:10 - 12:10 Zumba® Gym - <i>Rivky/Sandra</i>	11:00 - 12:00 Cycling <i>Studio 2 - Cassandra (R)</i>
12:05 - 13:00 Total Sculpt <i>Studio 1 - Trudie</i>	12:00 - 13:00 Qi Gong/Chi Kung <i>Studio 1 - Ron</i>	12:05 - 13:00 Total Sculpt <i>Studio 1 - Trudie</i>		12:05 - 13:00 Total Sculpt <i>Studio 1 - Nicolas</i>	11:15 - 12:30 Yoga <i>Studio 1 - Joe</i>	11:00 - 12:00 Stretching <i>Gym - Alison</i>
		14:00 - 15:00 Strength and Mobility (65 years +) <i>Studio 1 - Nicolas</i>			12:00 - 13:30 Yoga <i>Studio 2 - Ivan</i>	12:05 - 13:05 Zumba® <i>Studio 2 - Gany</i>
						13:00 - 14:15 Yoga <i>Studio 1 - Réal</i>

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## Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 17:55 Pilates Studio 1 - André	17:00 - 18:00 Total Sculpt Studio 2 - Kimberly	17:00 - 18:00 Yoga Studio 2 - Gorana	17:00 - 17:55 Total Sculpt Studio 1 - Marie-Hélène	17:00 - 18:00 Yoga Studio 1 - Teaghan		
18:00 - 19:00 Cycling Studio 2 - Cassandra (R)	17:00 - 18:00 Yoga Studio 1 - Chitra	18:00 - 19:00 Zumba® Studio 2 - Sandra	18:00 - 19:00 Cycling Studio 2 - Mark (R)	18:15 - 19:15 Cardio-Latino Studio 1 - Yuly		
18:00 - 19:00 Zumba® Studio 1 - Gany	18:05 - 19:05 Cycling Studio 2 - Patrick (R)	18:00 - 19:00 Step Studio 1 - Diana	18:00 - 19:00 Pilates – Ball Studio 1 - Réal			
18:00 - 19:00 Bootcamp Gym - Diana	18:15 - 19:00 Circuit Training Gym - Julie	19:05 - 20:05 Cycling Studio 2 - Julie (R)	18:00 - 18:55 HIIT Gym - Diana			
19:00 - 20:00 Yoga Studio 1 - Cary		20:05 - 21:05 Kickboxing Studio 2 - Eric/Sule	19:05 - 20:20 Yoga Studio 1 - Don			

## Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 10:00 PiYo® Studio 2 - Silvia	09:00 - 10:00 Equalizer© Training Gym - Beth	09:00 - 10:00 Aero-Kickboxing Gym - Jean	09:00 - 10:00 BOSU Studio 1 - Diana	10:05 - 11:05 Toning with Barre Studio 2 - Livia	09:00 - 10:00 Aero-Kickboxing Gym - Sule	
	09:00 - 10:00 Gentle Aerobics Studio 1 - Lilian		09:00 - 10:00 Gentle Aerobics Studio 2 - Lilian			

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## Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			11:15 - 12:15 Total Sculpt Parent-Baby Gym - Beth ✂️ ① \$N			

## Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:00 - 19:00 Tabata Gym - Nicolas				

## Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		09:10 - 09:55 TRX® (18 years +) 18 January - 22 March Studio 2 - Diana ✂️ \$				
	18:00 - 18:15 Jump Rope Gym - Julie					
	19:05 - 20:05 Boxing Studio 2 - Chokri					

## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:35 - 10:25 Aquafit Pool - Kevin ①	09:00 - 09:55 Aquafit Pool - Andrew ①	09:35 - 10:25 Aquafit Pool - Teaghan ①	09:05 - 09:55 Aquafit Pool - Chelsea L ①	09:35 - 10:25 Aquafit Pool - Kevin ①	09:00 - 09:50 Aquafit Pool - Azita ①	08:35 - 09:25 Aquafit Pool - Chelsea L ①
	13:15 - 14:00 Aqua Arthritis Pool - Kevin ✂️ ① \$N		13:15 - 14:00 Aqua Arthritis Pool - Sharon ✂️ ① \$N			

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## Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 08:15 ⑤	06:30 - 07:15 ③	07:30 - 08:15 ⑤	06:30 - 09:00 ⑤	07:30 - 08:15 ⑤	07:00 - 08:55 ⑤	07:00 - 08:30 ⑤
09:30 - 10:30 ①	07:15 - 09:00 ⑤	09:30 - 10:30 ①	09:00 - 10:00 ①	09:30 - 10:30 ①	08:55 - 09:50 ①	08:30 - 09:25 ②
10:30 - 11:30 ②	09:00 - 10:00 ①	10:30 - 11:30 ②	10:00 - 11:30 ②	10:30 - 11:30 ②	14:00 - 15:30 ②	12:00 - 14:45 ⑤
11:30 - 15:00 ⑤	10:00 - 11:30 ②	11:30 - 14:30 ⑤	11:30 - 13:10 ⑤	11:30 - 15:00 ⑤	15:30 - 16:30 ⑤	14:45 - 16:00 ②
15:00 - 16:30 ②	11:30 - 13:10 ⑤	14:30 - 16:00 ②	14:30 - 16:00 ③	15:00 - 18:00 ②		
17:30 - 18:00 ③	14:30 - 16:00 ③	18:15 - 19:30 ⑤	18:15 - 18:30 ②	18:00 - 19:00 ⑤		
18:00 - 19:30 ⑤	18:00 - 19:00 ④	19:30 - 20:15 ②	18:30 - 19:00 ⑤	20:15 - 21:45 ⑤		
19:30 - 20:15 ②	20:30 - 21:45 ⑤		20:30 - 21:45 ⑤			

## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 - 11:30 ②	10:00 - 11:30 ②	10:30 - 11:30 ②	10:00 - 11:30 ②	10:30 - 11:30 ②	14:00 - 15:30 ②	14:45 - 16:00 Family Open Swim (City) ② (W)
15:00 - 16:30 ②	13:15 - 14:30 Open Swim (65+)	14:30 - 16:00 ②	13:15 - 14:30 Open Swim (65+)	15:00 - 16:30 ②		
	15:15 - 16:00 ②		15:15 - 16:00 ②			

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## Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 - 07:30 Masters Swim Club (18 years +) Pool / \$	06:15 - 07:15 Swim Club (6-17 years) Pool / \$	06:15 - 07:30 Masters Swim Club (18 years +) Pool / \$	17:15 - 18:30 Swim Club (6-17 years) Pool / \$	06:15 - 07:30 Masters Swim Club (18 years +) Pool / \$		16:00 - 17:15 Masters Swim Club (18 years +) Pool / \$
08:15 - 09:30 Masters Swim Club (18 years +) Pool / \$	19:00 - 20:30 Masters Swim Club (18 years +) Pool / \$	08:15 - 09:30 Masters Swim Club (18 years +) Pool / \$	19:00 - 20:30 Masters Swim Club (18 years +) Pool / \$	08:15 - 09:30 Masters Swim Club (18 years +) Pool / \$		
16:30 - 18:00 Swim Club (6-17 years) Pool / \$		17:15 - 18:45 Swim Club (6-17 years) Pool / \$		16:30 - 18:00 Swim Club (6-17 years) Pool / \$		
				19:00 - 20:15 Masters Swim Club (18 years +) Pool / \$		

## Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00 - 14:30 Pickleball Gym - Paul	19:15 - 21:45 Open Volleyball (18 years +) Gym - Habib	19:45 - 21:45 Open Cosom Hockey (18 years +) Gym - Chris /	19:15 - 21:45 Open Basketball (18 years +) Gym - Kevin		12:15 - 14:15 Open Basketball (18 years +) Gym - Davion	17:15 - 18:45 Futsal (18+) Gym - Stephane
19:15 - 21:45 Open Basketball (18 years +) Gym - Michael					16:15 - 18:45 Open Volleyball (18 years +) Gym - Casey /	

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## Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 08:45 Open Gym Gym	06:00 - 08:45 Open Gym Gym	06:00 - 08:45 Open Gym Gym	06:00 - 08:45 Open Gym Gym	06:00 - 08:45 Open Gym Gym	07:00 - 08:45 Open Gym Gym	07:00 - 09:45 Open Gym Gym
11:15 - 12:45 Open Gym Gym	10:15 - 13:00 Open Gym Gym	10:15 - 12:45 Open Gym Gym	12:30 - 15:45 Open Gym Gym	10:15 - 16:15 Open Gym Gym		13:45 - 17:00 Open Gym Gym
14:45 - 15:45 Open Gym Gym	14:45 - 15:45 Open Gym Gym	14:45 - 17:00 Open Gym Gym	17:00 - 17:45 Open Gym 1/2 Gym	17:30 - 18:15 Open Gym Gym		
	17:00 - 17:45 Open Gym 1/2 Gym	19:00 - 19:30 Open Gym Gym				

## Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			11:15 - 12:15 Total Sculpt Parent-Baby Gym - Beth ✂️ (W) \$N			

## Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:30 - 18:00 After School for Teens (12- 17years) 9 January - 26 March Teen Zone	16:30 - 18:00 Cooking workshop for teens 9 January - 25 March Teen Zone ✂️	16:30 - 18:00 Arts and Discussion 9 January - 25 March Teen Zone	16:30 - 18:00 Poetry workshop 9 January - 25 March Teen Zone	16:30 - 18:30 Music lessons 9 January - 25 March Teen Zone	18:30 - 20:00 Skating (12-17) 9 January - 25 March Teen Zone \$	
				18:30 - 21:45 Basketball for Teens Gym - Alrick ✂️ \$N		

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## Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 17:00 Soccer for Kids (5-8 years) 9 January - 13 March <i>Gym - Stephane</i> ✂ \$	10:15 - 11:15 Kindergym (6 - 12 months with parents) 17 January - 28 March <i>Palestre - Gail</i> BB ✂ \$	10:15 - 11:15 Kindergym (12- 18 months with parents) 18 January - 29 March <i>Palestre - Gail</i> BB ✂ \$	10:15 - 11:15 Kindergym (18- 26 months with parents) 19 January - 30 March <i>Palestre - Gail</i> BB ✂ \$	16:00 - 17:00 Little Builders (5- 7 years) 20 January - 31 March <i>Drop-in Child</i> <i>Care - Jon</i> ✂ \$		
16:30 - 17:30 Magic the Gathering (8-12 years) 16 January - 27 March <i>Drop-in Child</i> <i>Care - À</i> <i>venir/TBA</i> ✂ \$	13:05 - 14:35 Soccer for Kids (3 - 5 years) 17 January - 28 March <i>1/2 Gym - Jon</i> ✂ \$	13:05 - 14:35 Lil' Chefs (3-5 years) 18 January - 29 March <i>Classroom 2 - À</i> <i>venir/TBA</i> ✂ \$	16:00 - 17:00 Soccer for Kids (9-12 years) 12 January - 16 March <i>Gym - Adam</i> ✂ \$	16:30 - 17:15 Jr. NBA (5-7 years) 20 January - 24 March <i>Gym - Alex</i> ✂ \$		
	16:00 - 17:00 Basketball for Kids (8-11 years) 10 January - 14 March <i>Gym - Dean</i> ✂ \$	16:00 - 17:00 Big Builders (8- 12 years) 18 January - 29 March <i>Drop-in Child</i> <i>Care - Jon</i> ✂ \$				

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