

Print date: 2025-07-16

## Winter 2018 From 2018-01-08 to 2018-03-25

### OPENING HOURS

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

**Saturday - Sunday:** 7:30 a.m. - 7&nbsp;p.m.

Special schedule

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

## Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:55 Pilates – Ball 2C - Nathalie	08:30 - 09:25 Power Yoga 2B - Christiane (R)	07:00 - 07:45 Total Sculpt 2C - Mary	08:30 - 09:25 Vinyasa Yoga 2B - Christiane (R)	07:00 - 07:45 HIIT Cycling 2A - Omar (R)	09:30 - 10:25 Cycling 2A - Estelle (R)	10:00 - 10:45 Step 2C - Gala
10:00 - 10:55 Tai Chi 2B - Van-Tuan	10:20 - 11:15 Total Sculpt 2C - Christiane	09:30 - 10:25 Pilates – Ball 2B - Sara	10:20 - 11:15 Total Sculpt 2C - Christiane	09:00 - 09:45 Total Sculpt 2C - Mary	10:00 - 10:55 Total Sculpt 2C - Micheline	10:50 - 11:35 Total Sculpt 2C - Gala
		10:00 - 10:55 Gentle Fitness 2C - Alexandre		10:00 - 10:55 Cardio-Dance- Pilates 2C - Nathalie	10:30 - 11:25 Tai Chi 2B - Josée	
		10:45 - 11:40 Pilates 2B - Sara (R)		10:00 - 10:55 Qi Gong/Chi Kung 2B - Josée ⚙		

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

## Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 11:55 Pilates 2C - Nathalie (R)	12:30 - 13:25 Pilates 2B - Nathalie (R)	12:00 - 12:45 Cycling 2A - André T. (R)	12:30 - 13:25 Pilates 2B - Violaine	11:00 - 11:55 Pilates 2C - Nathalie (R)	11:00 - 11:55 Cycling 2A - Omar/Saminda (R)	11:00 - 11:45 Endurance Cycling 2A - Lucie (R)
12:00 - 12:55 Total Sculpt 2C - Micheline BB			14:00 - 14:55 Chair Yoga 2B - Kim		11:00 - 11:55 Zumba® 2C - Micheline	12:00 - 13:25 Vinyasa Yoga 2B - Christiane/Jacqueline B. (R)
12:10 - 13:25 Gentle Yoga 2B - Mara					12:00 - 12:55 Bootcamp Gym - Billie	13:30 - 14:25 Pilates 2B - Violaine
13:30 - 14:25 Yoga 2B - Mara (R)					12:00 - 13:15 Kickboxing 2C - El Alla	
					12:00 - 13:25 Yoga 2B - Jacky (R)	

## Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:15 Interval Training 2C - Mélonne	17:30 - 18:25 Zumba® 2C - Rivky	17:30 - 18:25 Total Sculpt 2C - Micheline	17:30 - 18:25 Pilates 2B - Sébastien	17:30 - 18:25 Zumba® 2C - Micheline	17:00 - 17:55 Belly Dancing 27 January - 25 March 2C - Geneviève	
17:30 - 18:25 Yoga 2B - Claire (R)	18:00 - 18:55 Bootcamp Gym - Omar	18:00 - 18:55 Yoga 2B - Mara (R)	17:30 - 18:25 Total Sculpt 2C - Brigitte	18:00 - 19:25 Yoga 2B - Mara (R)		
18:30 - 19:25 HIIT Cycling 2A - Jean Luke (R)	18:30 - 19:15 Endurance Cycling 2A - Lucie (R)	18:30 - 19:25 STRONG Nation® Gym - Rivky	18:30 - 19:15 Cycling 2A - Brigitte (R)	19:00 - 20:25 Capoeira 2C - Colette		
18:30 - 19:25 Zumba® 2C - Stéphanie	18:30 - 19:25 Pilates 2B - Sébastien	19:00 - 20:15 Gentle Yoga 2B - Mara	18:30 - 19:15 Y Pump 2C - Estelle			
19:00 - 20:25 Capoeira Gym - Colette	18:30 - 19:25 Y Pump 2C - Elsa		18:30 - 19:25 Zumba® 2B - Mirna			
19:30 - 20:25 Yoga 2B - Jacky (R)	19:30 - 20:25 Kickboxing 2C - El Alla		19:30 - 20:25 Bootcamp 2C - Estelle			

## Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09:30 - 10:15 Interval Cycling 2A - Michel (R)		09:30 - 10:15 Interval Cycling 2A - Michel (R)			
			09:30 - 11:00 Nordic Walking Parc du Mont- Royal - Elsa 🔧✂️			

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## Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			12:00 - 12:55 Gentle Aero- Dance 2C - Mélonne			

## Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:30 - 19:25 Ballet Hop! Workout 2B - Mélanie ✂ \$	16:00 - 17:15 Self-Defence for Teens Youth Zone	18:30 - 19:15 Interval Cycling 2A - Michel (R)		18:30 - 19:45 Triathlon - Cycling 2A - Jonathan		
	19:30 - 21:00 Meditation 2B - Dodik	18:30 - 19:25 Zumba® Step 2C - Sandra				

## Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	07:00 - 08:00 Triathlon - Running Outdoor - Fred ⚙					

## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 Aquafit Pool - Imen (R)	09:00 - 09:55 Aquafit Pool - Marine (R)	09:00 - 09:55 Aqua Cardio Pool - Imen (R)	10:00 - 10:55 Aqua Interval Pool - Marie- France (R)	09:00 - 09:55 Aquafit Pool - Marine (R)	12:00 - 12:55 Aquafit Pool - Valérie (R)	12:00 - 12:55 Aquafit Pool - Marine (R)
18:30 - 19:15 Aquafit Pool - Marine (R)		18:30 - 19:15 Aquafit Pool - Valérie (R)				

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## Aquatics - Lane Swim

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

## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	15:00 - 15:55 ②			15:00 - 15:55 ①		14:30 - 17:25 ☼

## Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:15 - 18:30 Swim Club (5-18 yrs) Pool /\$	16:30 - 20:00 Swim Club (5-18 yrs) Pool /\$	16:15 - 18:30 Swim Club (5-18 yrs) Pool /\$	16:30 - 19:00 Swim Club (5-18 yrs) Pool /\$			
19:30 - 20:30 Swim Training for Teens Pool /\$						

## Aquatics - Triathlon - Swimming

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20:00 - 20:55 Triathlon - Swimming Pool - Oliver ④			07:00 - 07:55 Triathlon - Swimming Pool - Oliver ④		17:30 - 18:25 Triathlon - Swimming Pool - Oliver ②

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## Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20:30 - 22:30 Supervised Basketball (18+) 13 January - 25 March Gym - Éric/David			17:45 - 18:55 Supervised Soccer (18+) Gym - Junior	18:30 - 20:25 Basketball practice (15-17 yrs) Youth Zone ✍	17:15 - 19:15 Supervised Basketball (18+) 13 January - 25 March Gym - Éric/David	

## Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 19:00 Rap Slam Youth Zone	16:00 - 17:15 Self-Defence for Teens Youth Zone	16:15 - 17:25 Basketball for Teens Youth Zone	16:30 - 17:25 Hip-Hop for Teens Youth Zone	16:30 - 18:25 Open Soccer for Teens Youth Zone		
19:30 - 20:30 Swim Training for Teens Pool ✍\$	17:30 - 19:30 Film Discussion Youth Zone	16:30 - 18:00 Cooking workshop for teens Youth Zone		17:30 - 18:30 Girls Night Youth Zone		
				18:30 - 20:25 Basketball practice (15-17 yrs) Youth Zone ✍		

## Programs for children (0-12 years) - After School Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		16:00 - 17:30 Homework Help Youth Zone - Charles-William	16:00 - 17:30 Homework Help Youth Zone			
			16:00 - 17:30 Homework Help Youth Zone - Sylvie			

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:00 - 17:00 Multisport 6-7 years old (3-5 yrs) 16 January - 27 March Gym - Maxime- Georges /\$	16:00 - 17:30 Martial Arts + (3- 5 yrs) 17 January - 28 March 2B - Maxime- Georges /\$	09:30 - 11:00 Lil' Buds (1-4 yrs with parents) 18 January - 29 March 3A-3B - Maxime- Georges /\$	16:00 - 17:00 Yoga for Kids (3- 5 yrs) 19 January - 30 March 2B - Dorcas /\$		09:30 - 11:00 Weekend Club (3-5 yrs) 14 January - 25 March 3A-3B - Amira /\$
			16:30 - 18:00 Soccer for Kids (3-5 yrs) 18 January - 29 March 3A-3B - Maxime- Georges /\$			10:00 - 11:00 Basketball for Kids (6-11 yrs) 14 January - 18 December Gym - Émile /\$
						11:00 - 12:00 Basketball for Kids (6-8 yrs) 14 January - 18 March Gym - Émile /\$