

Print date: 2025-07-16

Winter 2019 From 2019-01-07 to 2019-03-24

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

Group Fitness - Morning

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

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 Circuit Training 2C - Alexia	12:30 - 13:25 Pilates 2B - Violaine	11:00 - 11:55 Pilates 2C - Nathalie (R)	11:00 - 11:55 Zumba® 2C - Micheline	11:00 - 11:45 Cycling 2A - Gaby (R)
12:00 - 12:55 Total Sculpt 2C - Micheline BB					11:00 - 11:55 HIIT Cycling 2A - Mathilde (R)	12:00 - 13:25 Vinyasa Yoga 2B - Christiane/Nathalie G. (R)
12:10 - 13:25 Gentle Yoga 2B - Mara (R)					12:00 - 13:25 Yoga 2B - Jacky (R)	13:30 - 14:25 Yoga 2B - Christiane/Nathalie G. (R)
13:30 - 14:25 Yoga 2B - Mara (R)					12:00 - 12:55 Bootcamp Gym - Billie	13:30 - 14:25 Pilates 2C - André B./Violaine (R)
					12:00 - 13:15 Kickboxing 2C - El Alla	

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:15 Interval Training 2C - Brigitte	17:30 - 18:25 Zumba® 2C - Sophie	17:30 - 18:25 Total Sculpt 2C - Micheline	17:30 - 18:25 Total Sculpt 2C - Marie-Eve	17:30 - 18:25 Zumba® 2C - Mirna		
17:30 - 18:25 Yoga 2B - Malika (R)	18:00 - 18:55 Pilates 2B - Sébastien	18:00 - 18:55 Yoga 2B - Mara (R)	17:30 - 18:25 Pilates 2B - André	18:00 - 19:25 Yoga 2B - Mara (R)		
18:30 - 19:25 Zumba® 2C - Stéphanie	18:00 - 18:45 Cycling 2A - Kevin (R)	18:30 - 19:25 Zumba® 2C - Catherine	18:30 - 19:25 Raga-Pop 2C - Jordan/David	19:00 - 20:25 Capoeira 2C - Colette		
18:30 - 19:25 HIIT Cycling 2A - Brigitte (R)	18:00 - 18:55 Bootcamp Gym - À venir/TBA	19:00 - 20:15 Gentle Yoga 2B - Mara (R)	19:00 - 19:55 Bootcamp Gym - Marie-Eve			
18:30 - 19:25 Pilates 2B - André (R)	18:30 - 19:25 Y Pump 2C - Alexia					
19:00 - 20:25 Capoeira Gym - Colette	19:00 - 19:55 Djamboola 2B - Meryse					
19:30 - 20:25 Gentle Yoga 2B - Jacky (R)	19:30 - 20:25 Kickboxing 2C - El Alla					

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)			
	10:30 - 11:55 Meditation 2B - Dodik					

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Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						11:00 - 11:55 « Nia » Dance 2B - Lise-Anna

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:30 - 19:15 Interval Cycling (8 yrs+) (8+) 2A - Michel (R)	18:30 - 19:25 Cycle 'n Sculpt 2A - Brigitte (R)			
		19:30 - 20:15 Triathlon - Cycling 2A - Oliver				

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 - Marine (R)	09:00 - 09:55 Aqua Bootcamp Pool - Gui (R)	09:00 - 09:55 Aqua Cardio Pool - Marine (R)	10:00 - 10:55 Aquafit Pool - Mary A. (R)	09:00 - 09:55 Aquafit Pool - Mary A. (R)	12:00 - 12:55 Aquafit Pool - Valérie (R)	12:00 - 12:55 Aqua Dance Pool - Marine (R)
18:30 - 19:15 Aqua Cardio Pool - Caroline (R)		18:30 - 19:15 Aquafit Pool - Marine (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) <i>Pool</i> /\$	16:30 - 20:00 Swim Club (5-18 yrs) <i>Pool</i> /\$	16:15 - 18:30 Swim Club (5-18 yrs) <i>Pool</i> /\$	16:30 - 19:30 Swim Club (5-18 yrs) <i>Pool</i> /\$			

Aquatics - Triathlon - Swimming

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

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Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20:30 - 22:30 Open Basketball Gym			17:45 - 18:55 Open Soccer 24 January - 24 March Gym - À venir/TBA	18:30 - 20:25 Basketball practice Gym - Anthony	17:15 - 19:15 Open Basketball Gym	

Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:30 - 19:15 Interval Cycling (8 yrs+) (8+) 2A - Michel (R)				

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:30 - 17:30 Youth Council Youth Zone - Krystelle	16:30 - 18:00 Video Workshop Youth Fair - Jordan	16:00 - 17:30 Tutoring Youth Fair - Sylvie	17:30 - 18:30 Discussion Night Youth Zone - Krystelle	16:30 - 18:25 Basketball for Teens Gym - Wilfred		
17:30 - 19:00 Rap Slam Youth Fair - Dice		16:30 - 18:00 Cooking workshop for teens Youth Zone - Garry		18:00 - 19:30 Culturally YMCA 1 February - 24 March socialization area - Krystelle		
		16:30 - 18:00 Cooking workshop for teens Kitchen - Garry ✂		18:30 - 20:25 Basketball Team for Teens Gym - Anthony		
		16:45 - 17:45 Fitness for Teens Gym - Kévin/Georges		18:30 - 20:25 Basketball practice Gym - Anthony		

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Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:30 - 18:00 Multisport 6-7 years old (3-5 yrs) 22 January - 19 March 3A-3B/Gym - Émile /\$		16:30 - 18:00 Soccer Plus (3-5 yrs) 24 January - 21 March 3A-3B/Gym - Émile et Jessica /\$		09:00 - 10:00 Gymnastics for Kids (3-5 yrs) 26 January - 23 March Gym - Cherelus et Justin /\$	10:00 - 11:00 Basketball for Kids (3-5 yrs) 27 January - 24 March Gym - À venir/TBA /\$
	16:30 - 17:30 Multisport 6-7 years old (6-11 yrs) 22 January - 19 March Gym - À venir/TBA /\$				10:15 - 11:15 Soccer for Kids (3-5 yrs) 26 January - 23 March Gym - Cherelus et Justin /\$	10:00 - 11:00 Basketball for Kids (9-11 yrs) 27 January - 24 March Gym - Émile /\$
						11:00 - 12:00 Basketball for Kids (6-8 yrs) 27 January - 24 March Gym - Émile \$