



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

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.



Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 08:50 Cycling <i>Studio 2 - Jane</i>	06:30 - 07:30 Total Sculpt <i>Studio 1 - Devon</i>	08:00 - 08:50 Cycling <i>Studio 2 - Kristine</i>	07:30 - 08:30 Cycling <i>Studio 2 - Maryse</i>	06:30 - 07:30 Yogalates <i>Studio 1 - Tammy</i>	09:00 - 10:00 Pilates <i>Studio 2 - Tammy</i>	09:00 - 10:00 Vinyasa Yoga <i>Studio 1 - Julia</i>
09:00 - 10:00 STRONG Nation® <i>Studio 1 - Amberley</i>	08:00 - 08:50 Cycling <i>Studio 2 - Kristine</i>	09:00 - 09:55 Total Sculpt <i>Studio 1 - Linda</i>	08:00 - 08:55 Stretching <i>Studio 1 - Tammy</i>	08:00 - 08:50 Cycling <i>Studio 2 - Jacques</i>	10:05 - 11:05 Interval Training <i>Gym - Lauren</i>	09:00 - 10:00 Cycling <i>Studio 2 - Patrick (R)</i>
09:00 - 10:00 Pilates <i>Studio 2 - Gala</i>	08:00 - 08:55 Essentrics® <i>Studio 1 - Nicola</i>	09:00 - 10:00 Zumba® <i>Gym - Franklin</i>	09:00 - 10:00 Interval Training <i>Gym - Véronique</i>	09:00 - 10:00 Pilates <i>Studio 2 - André</i>	10:10 - 12:10 Cycling <i>Studio 2 - Maryse (R)</i>	10:00 - 11:00 Total Sculpt <i>Studio 1 - Livia</i>
09:00 - 10:00 Total Sculpt <i>Gym - Diana</i>	09:00 - 10:00 Yoga <i>Studio 2 - Cary</i>	10:00 - 10:55 Chair Yoga <i>Studio 1 - Réal</i>	10:00 - 11:00 Zumba® <i>Studio 1 - Véronique G.</i>	09:00 - 10:00 Bootcamp <i>Gym - Jane</i>		10:00 - 11:00 Bootcamp <i>Gym - Sule</i>
10:00 - 11:00 Stretching <i>Studio 1 - Julian L.</i>	10:05 - 11:00 Cardio-Dance <i>Studio 1 - Stella</i>		10:00 - 11:00 Tai Chi <i>Studio 2 - Ron</i>	10:05 - 11:05 Zumba® <i>Gym - Cynthia</i>		
10:00 - 11:00 Yoga <i>Studio 2 - Anna</i>	10:05 - 11:05 Pilates <i>Studio 2 - André</i>		10:05 - 11:05 Stretching <i>Gym - Chitra</i>	10:05 - 11:05 Y Pump (16+) <i>Studio 2 - Amberly</i>		
10:05 - 11:05 Zumba® <i>Gym - Olivia</i>				10:05 - 11:05 Chair Yoga <i>Studio 1 - Cary</i>		

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✍️ Registration required | 💰 Additional payment required | 💵 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.



Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 13:00 Vinyasa Yoga <i>Studio 2 - Olivia</i>	11:05 - 12:05 Tai Chi <i>Studio 1 - Ron</i>	11:00 - 12:00 Yoga <i>Studio 2 - Don</i>	11:00 - 12:00 Qi Gong/Chi Kung <i>Studio 1 - Ron</i>	12:00 - 13:00 Total Sculpt <i>Studio 1 - Sylvie</i>	11:15 - 12:30 Yoga <i>Studio 1 - Kristen</i>	11:00 - 12:00 Stretching <i>Studio 1 - Alison</i>
12:05 - 13:00 Total Sculpt <i>Studio 1 - Sylvie</i>	12:05 - 13:05 Qi Gong/Chi Kung <i>Studio 1 - Ron</i>	12:05 - 13:00 Total Sculpt <i>Studio 1 - Alison</i>		12:00 - 13:30 Yoga <i>Studio 2 - Cary</i>	11:15 - 12:15 Cardio-Latino <i>Gym - Yuly</i>	11:05 - 12:05 Y Pump (16+) <i>Studio 2 - Kimberly</i>
14:30 - 15:30 Zumba® <i>Studio 1 - Mary</i>				15:00 - 16:00 Zumba® Gold (50+) <i>Studio 2 - Rivky</i>		13:05 - 14:20 Yoga <i>Studio 1 - Réal</i>

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Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:30 - 17:15 Yoga Studio 1 - Corinne	17:00 - 18:00 Yoga Studio 1 - Chitra	18:00 - 19:00 Zumba® Studio 1 - Gany	17:00 - 17:55 Total Sculpt Studio 1 - Marie-Hélène	17:00 - 18:00 Vinyasa Yoga Studio 1 - Olivia		
17:00 - 18:00 Pilates Studio 2 - Kosta	17:15 - 18:15 Y Pump (16+) Studio 2 - Kimberly	18:00 - 19:00 Bootcamp Gym - Sule	17:00 - 18:00 Yoga Studio 2 - Don	17:30 - 18:30 Zumba® Gym - Rivky		
18:00 - 19:00 Zumba® Gym - Gany	18:05 - 19:05 Zumba® Gym - Cynthia	18:15 - 19:15 Cycling Studio 2 - Steve (R)	18:00 - 19:00 Pilates – Ball Studio 1 - Réal	19:05 - 20:05 Capoeira Studio 2 - Stéphane		
18:05 - 19:00 Cycling Studio 2 - Kristine	18:05 - 19:00 Step Studio 1 - Diana/David	19:05 - 20:05 Vinyasa Yoga Studio 1 - Julia	18:05 - 19:05 Y Pump (16+) Studio 2 - Laurie			
19:00 - 20:00 Kickboxing (18+) Studio 2 - Eric/Guy	18:20 - 19:20 Pilates Studio 2 - Gala	19:30 - 20:30 Kickboxing (18+) Studio 2 - Sule	18:30 - 19:30 Zumba® Gym - Cynthia			
19:10 - 20:25 Yoga Studio 1 - Cary						

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			

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Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:15 - 12:15 Total Sculpt Parent-Baby (0-12 mos with parents) <i>Gym - Beth</i> BB ④ \$N				11:15 - 12:15 Toning with Barre <i>Studio 2 - Livia</i>	
	12:00 - 13:00 Yoga Ashtanga <i>Studio 2 - Yaelle</i>					

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:15 - 19:00 Power Toning <i>Studio 1 - Diana</i>		17:00 - 18:00 Toning with Barre <i>Studio 1 - Livia</i>				

Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	13:15 - 14:00 Dao Yin 15 January - 19 March <i>Studio 1 - Ron</i> /\$	09:15 - 10:00 TRX® (10 weeks) (16+) 16 January - 20 March <i>Studio 2 - Diana</i> /\$	13:30 - 14:15 ELDOA Method 28 February - 9 May <i>Studio 1 - Kosta</i> /\$	18:00 - 18:45 Kickboxing (10 weeks) 18 January - 22 March <i>Studio 2 - Sule</i> /\$		
	19:25 - 20:25 Boxing <i>Studio 2 - Chokri</i>	15:00 - 15:45 Restorative Yoga (10 weeks) 16 January - 20 March <i>Studio 1 - Chitra</i> /\$				

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Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:35 - 10:25 Aquafit Pool - Isabelle	09:35 - 10:25 Aquafit Pool - Kevin	09:35 - 10:25 Aquafit Pool - Mary	09:35 - 10:25 Aquafit Pool - Marine	09:35 - 10:25 Aquafit Pool - Marine	08:55 - 09:45 Aqua Cardio Pool - Azita	
	13:15 - 14:00 Aqua Arthritis (65+) Pool - Rose ✂ (W) \$N		13:15 - 14:00 Aqua Arthritis (65+) Pool - Marine ✂ (W) \$N			

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 08:15 (5)	06:15 - 08:40 (5)	07:30 - 08:15 (5)	06:15 - 08:40 (5)	07:30 - 08:15 (5)	07:15 - 08:50 (5)	07:15 - 08:45 (5)
09:30 - 10:30 (1)	08:45 - 09:30 (2)	09:30 - 10:30 (1)	08:45 - 09:30 (2)	09:30 - 10:30 (1)	14:40 - 15:25 (2)	08:45 - 09:25 (4)
10:30 - 11:30 (3)	09:30 - 10:30 (1)	10:30 - 11:30 (3)	09:30 - 10:30 (1)	10:30 - 11:30 (3)	15:30 - 16:45 (5)	13:05 - 14:25 (4)
11:30 - 14:55 (5)	10:30 - 11:30 (2)	11:30 - 13:40 (5)	10:30 - 11:30 (2)	11:30 - 14:55 (5)		14:30 - 16:00 (2)
15:00 - 16:55 (3)	11:30 - 13:10 (5)	13:45 - 15:55 (3)	11:30 - 13:10 (5)	15:00 - 16:55 (3)		
18:15 - 19:25 (5)	14:30 - 15:15 (2)	18:40 - 19:25 (5)	14:30 - 15:15 (2)	18:15 - 19:00 (2)		
19:30 - 21:45 (2)	15:15 - 15:55 (3)	19:30 - 21:45 (2)	15:15 - 15:55 (3)	20:15 - 21:45 (5)		
	18:15 - 19:00 (3)		18:15 - 19:00 (3)			
	20:15 - 21:45 (5)		20:15 - 21:45 (5)			

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Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 - 11:30 BB	13:15 - 14:30 Open Swim (65+) Ⓜ	10:30 - 11:30 BB	10:30 - 11:30 BB	10:30 - 11:30 BB	14:40 - 15:25 BB	14:30 - 16:00 Family Open Swim (City) (For all ages) ② BB Ⓜ
15:00 - 16:55 BB	15:15 - 15:55 BB	13:45 - 15:55 BB	13:15 - 14:30 Open Swim (65+) Ⓜ	15:00 - 16:55 BB		
			15:15 - 15:55 BB			

Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 - 07:30 Masters Swim Club (18+) 17 September - 30 August Pool /\$	19:00 - 20:15 Masters Swim Club (18+) 17 September - 30 August Pool /\$	06:15 - 07:30 Masters Swim Club (18+) 17 September - 30 August Pool /\$	19:00 - 20:15 Masters Swim Club (18+) 17 September - 30 August Pool /\$	06:15 - 07:30 Masters Swim Club (18+) 17 September - 30 August Pool /\$		16:05 - 17:20 Masters Swim Club (18+) 17 September - 30 August Pool /\$
08:15 - 09:30 Masters Swim Club (18+) 17 September - 30 August Pool /\$		08:15 - 09:30 Masters Swim Club (18+) 17 September - 30 August Pool /\$		08:15 - 09:30 Masters Swim Club (18+) 17 September - 30 August Pool /\$		
17:00 - 18:15 Swim Club (6-17 yrs) 17 September - 14 June Pool /\$		17:25 - 18:40 Swim Club (6-17 yrs) 17 September - 14 June Pool /\$		17:00 - 18:15 Swim Club (6-17 yrs) 17 September - 14 June Pool /\$		
				19:00 - 20:15 Masters Swim Club (18+) 17 September - 30 August Pool /\$		

Intensity : Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✂️ Registration required | 💰 Additional payment required | 💵 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.



Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:30 Open Studio (18+) <i>Studio 2 - Val</i>	19:15 - 21:45 Open Volleyball (18+) <i>Gym - Brent</i>	06:30 - 07:30 Open Studio (18+) <i>Studio 2 - Val</i>		06:30 - 07:30 Open Studio (18+) <i>Studio 2 - Val</i>	12:15 - 14:45 Open Basketball (18+) <i>Gym - Nkosane</i>	13:00 - 14:30 Supervised Badminton <i>Gym - À venir/TBA</i>
14:00 - 15:30 Pickleball (18+) <i>Gym - Paul</i>	20:45 - 21:45 Open Studio (18+) <i>Studio 2 - Na</i>	14:00 - 15:30 Pickleball (18+) <i>Gym - Javier</i>		13:00 - 14:30 Pickleball (18+) <i>Gym - Marie- Josée</i>	16:00 - 18:45 Open Studio (18+) <i>Studio 2 - Justine</i>	16:00 - 18:45 Open Studio (18+) <i>Studio 2 - Na</i>
19:15 - 21:45 Open Basketball (18+) <i>Gym - À venir/TBA</i>		20:00 - 21:45 Open Cosom Hockey (18+) <i>Gym - Chris</i>			16:15 - 18:45 Open Volleyball (18+) <i>Gym - Casey</i> ✍	16:30 - 18:30 Futsal (18+) <i>Gym - Behnam</i>
20:45 - 21:45 Open Studio (18+) <i>Studio 2 - Ange- Leonce</i>		20:45 - 21:45 Open Studio (18+) <i>Studio 2 - Lawrence</i>				

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Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 08:45 Open Gym (For all ages) Gym	06:00 - 08:45 Open Gym (For all ages) Gym	06:00 - 08:45 Open Gym (For all ages) Gym	06:00 - 08:45 Open Gym (For all ages) Gym	06:00 - 08:45 Open Gym (For all ages) Gym	14:45 - 16:00 Open Gym (For all ages) Gym	07:00 - 09:45 Open Gym (For all ages) Gym
11:15 - 13:45 Open Gym (For all ages) 1/2 Gym	12:30 - 14:00 Open Gym (For all ages) 1/2 Gym	11:05 - 13:45 Open Gym (For all ages) 1/2 Gym	11:15 - 15:45 Open Gym (For all ages) Gym	11:15 - 12:45 Open Gym (For all ages) Gym		14:45 - 16:15 Open Gym (For all ages) 1/2 Gym
13:00 - 14:00 Open Gym (For all ages) 1/2 Gym	14:00 - 15:45 Open Gym (For all ages) Gym		14:30 - 15:00 Open Gym (For all ages) 1/2 Gym	14:45 - 16:15 Open Gym (For all ages) Gym		
			17:00 - 17:45 Open Gym (For all ages) Gym			

Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:15 - 12:15 Total Sculpt Parent-Baby (0-12 mos with parents) Gym - Beth BB Ⓜ \$N					

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				18:30 - 21:45 Basketball for Teens Gym - Alrick		

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Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:50 Karibou Cheeky Chicks (12-20 months) 14 January - 25 March <i>Palestre - À venir/TBA</i> \$N	09:20 - 10:10 Karibou Bouncing Bunnies (12-20 months) 15 January - 26 March <i>Palestre - Gail</i> \$N	09:15 - 10:15 Kindergym (6-15 months) 16 January - 27 March <i>Palestre - Gail</i> \$	09:20 - 10:10 Karibou Rascally Racoons (20 months - 2.5 years) 17 January - 28 March <i>Palestre - Gail</i> \$N	16:30 - 17:15 Jr. NBA (5-7 yrs) 11 January - 15 March <i>Gym - Vonrick</i> /\$	08:45 - 09:35 Karibou Rascally Racoons (20 months - 2.5 years) 17 January - 28 March <i>Palestre - À venir/TBA</i> \$N	08:45 - 09:35 Karibou Bouncing Bunnies (12-20 months) 15 January - 26 March <i>Palestre - À venir/TBA</i> \$N
13:05 - 14:35 Soccer Plus (3-5 yrs) 14 January - 26 March <i>1/2 Gym - À venir/TBA</i> \$N	13:05 - 14:35 Soccer Plus (3-5 yrs) 15 January - 26 March <i>1/2 Gym - À venir/TBA</i> \$N	13:05 - 14:35 Gym and Swim (3-5 yrs) 16 January - 27 March <i>1/2 gym / Pool - À venir/TBA</i> \$N	13:05 - 14:35 Lil' Chefs (3-5 yrs) 17 January - 28 March <i>Classroom 2 - À venir/TBA</i> \$N	16:30 - 17:30 Bootcamp for Kids (8-11 yrs) 11 January - 15 March <i>Studio 2 - Sule</i> /\$		11:15 - 12:00 Badminton for Kids (6-8 yrs) 13 January - 17 March <i>Gym - Robert</i> /\$
16:00 - 16:45 Soccer for Kids (5-6 yrs) 7 January - 11 March <i>Gym - Felipe</i> /\$	16:00 - 16:45 Basketball for Kids (8-11 yrs) 8 January - 12 March <i>Gym - Dean</i> /\$	16:00 - 17:00 Martial Arts for Kids (6-12 yrs) 9 January - 13 March <i>Studio 2 - Anthony</i> /\$	16:00 - 17:00 Soccer for Kids (9-12 yrs) 10 January - 14 March <i>Gym - Felipe</i> /\$			12:00 - 12:45 Badminton for Kids (9-12 yrs) 13 January - 17 March <i>Gym - Robert</i> /\$
16:00 - 17:00 Capoeira for Kids (6-12 yrs) 7 January - 11 March <i>Studio 2 - Stephane</i> /\$	17:00 - 17:45 Basketball for Kids (8-11 yrs) 8 January - 12 March <i>Gym - Dean</i> /\$					
17:00 - 17:45 Soccer for Kids (7-8 yrs) 7 January - 11 March <i>Gym - Felipe</i> /\$						

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