



# Downtown YMCA

1440 Stanley Street, Montreal, Quebec H3A 1P7

Tel. : 514 849-8393

[ymcaquebec.org](http://ymcaquebec.org)

Print date: 2025-07-16

## Spring 2019 From 2019-03-25 to 2019-06-16

### OPENING HOURS

Fitness and aquatic activities are temporarily suspended.

### Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 07:50 Cycling Studio 3 - Vicky ✍	07:00 - 07:45 Metafit® Studio 1 - Wilson ✍	07:00 - 07:50 Cycling Studio 3 - Vicky ✍	07:00 - 07:45 Metafit® Studio 1 - Wilson ✍	07:00 - 08:00 Yoga Studio 1 - Christiane ✍	10:00 - 11:00 Zumba® Gym - Mirna	09:45 - 10:45 Qi Gong/Chi Kung Studio 1 - Roger
10:00 - 10:55 Gentle Toning Gym - Helen	09:30 - 10:30 Tai Chi Studio 1 - Wendy ✍	10:00 - 10:50 Gentle Toning Studio 2 - Olivia B.	10:00 - 10:50 Chair Yoga Studio 2 - Réal	09:30 - 10:30 Yoga – Meditation Studio 1 - Louise D.	10:15 - 11:00 Step Studio 2 - Bassel (R)	10:00 - 11:00 Step Studio 2 - Valérie (R)
10:00 - 10:55 Tai Chi Studio 2 - Wendy	10:00 - 10:50 Chair Yoga Studio 2 - Chitra	10:00 - 10:55 Tai Chi Studio 4 - Wendy		10:00 - 10:50 Zumba® Gym - Franklin	10:45 - 11:45 Cycling Studio 3 - Steve C. (R)	10:45 - 11:45 Cycling Studio 3 - Melanie (R)
	10:55 - 11:50 Gentle Cardio-Toning Gym - Helen			10:00 - 10:55 Tai Chi Studio 2 - Wendy ✍		

**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).



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## Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 11:50 Gentle Cardio-Toning Gym - Helen	11:00 - 11:50 Yoga Studio 4 - Michelle	11:00 - 11:50 Gentle Cardio-Toning Studio 2 - Dina	11:00 - 11:50 Gentle Cardio-Toning Studio 2 - Mary S.	11:00 - 11:50 Gentle Toning Gym - Line	11:15 - 12:00 Total Sculpt Gym - Bassel	11:00 - 12:00 Yoga Studio 1 - Don
12:00 - 12:50 Cycling Studio 3 - Xin (R)	12:00 - 13:00 Djamboola Studio 2 - Katy	12:00 - 12:45 Cycling Studio 3 - Helen (R)	11:00 - 11:50 Gentle Yoga Studio 4 - Réal	11:00 - 12:00 Pilates Studio 2 - Natalie	11:30 - 12:30 Yoga Studio 4 - Chitra	11:10 - 12:05 Total Sculpt Studio 2 - Valérie
12:00 - 12:50 Zumba® Studio 2 - Marmar	12:00 - 12:45 Cycling Studio 3 - Helen (R)	12:00 - 13:00 Power Yoga Studio 4 - Ying	12:00 - 13:00 African Dance Studio 2 - Claudine	12:00 - 12:50 Cycling Studio 3 - Melanie (R)	12:15 - 13:15 Bootcamp Gym - Bassel	12:10 - 13:10 Zumba® Gym - Julien
12:00 - 13:00 Yoga Studio 4 - Andrea S.	12:00 - 13:00 Vinyasa Yoga Studio 4 - Olivia C.	12:00 - 12:50 Zumba® Studio 2 - Marmar	12:00 - 12:45 Cycling Studio 3 - Mathilde (R)	12:00 - 13:00 Yoga Studio 4 - Marmar	12:25 - 13:25 Pilates Studio 2 - Joanne	12:15 - 13:30 Yoga Studio 2 - Don
12:05 - 12:55 Total Sculpt Gym - Sara	13:05 - 14:05 Pilates Studio 2 - Natalie	12:05 - 12:55 HIIT - Toning Gym - Olivia C.	12:00 - 13:00 Vinyasa Yoga Studio 4 - Claudette	12:05 - 12:55 Bootcamp Gym - Sara	13:00 - 14:00 Yoga Studio 4 - Chitra	
			12:05 - 12:55 Bootcamp Gym/Outdoor - Bassel ⚙	12:10 - 13:00 Djamboola Studio 2 - Méryse	13:35 - 14:35 Pilates Studio 2 - Joanne	
			13:05 - 14:05 Stretching Studio 2 - Claudine			

**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).



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## Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:40 - 17:25 Total Sculpt Studio 2 - Leigh	16:25 - 17:25 Vinyasa Yoga Studio 2 - Olivia C.	16:40 - 17:25 Total Sculpt Studio 2 - Leigh	16:25 - 17:25 Yoga Studio 2 - Christiane	17:30 - 18:30 Interval Training Gym - Joanne		
17:30 - 18:20 Total Sculpt Studio 2 - Pauline	17:30 - 18:30 Cycling Studio 3 - Allison (R)	17:15 - 18:30 Yoga Studio 4 - Ivan	17:30 - 18:30 Cycling Studio 3 - Steve C. (R)	17:30 - 18:30 Zumba® Studio 2 - Sandra C.		
17:30 - 18:25 HIIT Gym - Myriam	17:30 - 18:25 Total Sculpt Gym - Kristen	17:30 - 18:30 Zumba® Gym - Linda	17:30 - 18:30 Yoga Studio 4 - Mary C.	17:30 - 18:30 Yoga Studio 4 - Réal		
17:30 - 18:30 Yoga Studio 4 - Teaghan	17:35 - 18:35 Yoga Studio 2 - Mary C.	17:35 - 18:25 Interval Training Studio 2 - Mary C.	17:35 - 18:35 Step Studio 2 - Diana (R)	17:40 - 18:40 Cycling Studio 3 - Shere (R)		
17:40 - 18:40 Cycling Studio 3 - Omar (R)	18:30 - 19:30 Stretching Studio 4 - Claudine	17:40 - 18:40 Cycling Studio 3 - Ben (R)	18:30 - 19:30 Zumba® Gym - Olivia C.	17:45 - 18:30 Interval Abs Studio 1 - Pauline		
18:30 - 19:30 Zumba® Gym - Linda	18:40 - 19:35 Circuit Training Gym - Kristen	18:35 - 19:35 Tai Chi - Fan Studio 4 - Ling Ling	18:35 - 19:35 Tai Chi Studio 4 - Steve Q.	18:35 - 19:45 Yoga Studio 4 - Don		
18:35 - 19:35 Tai Chi Studio 1 - Steve Q.	18:45 - 19:35 Step Studio 2 - Pak-Kei (R)	18:40 - 19:40 Belly Dancing Studio 1 - Marie	18:40 - 19:25 HIIT Cycling Studio 3 - Xin (R)			
18:35 - 19:25 HIIT - Toning Studio 2 - Sandy	19:35 - 20:35 Pilates Studio 1 - Joanne	18:40 - 19:25 Core Strength & Abs Gym - Charles				
18:40 - 19:40 Yoga Studio 4 - Olivia C.		18:40 - 19:40 Bootcamp Studio 2/Outdoor - Antonella				
19:40 - 20:40 Belly Dancing Studio 2 - Marie						

**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 - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	12:05 - 12:50 BOSU Gym - Bassel					

## Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	18:25 - 19:25 Tango Studio 1 - Wolf ✂		17:30 - 18:30 Aero-Kickboxing Studio 1 - Eva			
			17:35 - 18:25 BOSU Gym - Olivia C.			

## Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:10 - 12:55 Functional Training 1 April - 15 July Studio 1 - Bassel ✂\$		07:30 - 08:15 Running Running track/Outdoor - Linda G. ⚙✂\$N	18:40 - 19:35 Introduction to Hula Hoop 4 April - 2 May Studio 2 - Laura ✂\$			

## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:55 - 10:45 Aquafit Pool - Azadeh	12:05 - 12:50 Aquafit Pool - Marine	09:55 - 10:45 Aquafit Pool - Laura	12:05 - 12:50 Aquafit Pool - Azadeh	09:55 - 10:45 Aquafit Pool - Kevin		
17:45 - 18:40 Aquafit Pool - Valérie		17:45 - 18:40 Aquafit Pool - Pauline		17:30 - 18:25 Aquafit Pool - Valérie		

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## Aquatics - Lane Swim

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

## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 21:30 Family Open Swim (For all ages) BB	06:30 - 21:00 Family Open Swim (For all ages) BB	06:30 - 21:30 Family Open Swim (For all ages) BB	06:30 - 21:30 Family Open Swim (For all ages) BB	06:30 - 20:00 Family Open Swim (For all ages) BB	07:30 - 08:55 Family Open Swim (For all ages) BB	07:30 - 18:30 Family Open Swim (For all ages) BB
				18:30 - 20:00 Family Open Swim (City) (For all ages) ⑤ ☼	12:15 - 18:30 Family Open Swim (For all ages) BB	
					15:45 - 16:30 Family Open Swim (City) (For all ages) ☼	
					16:30 - 18:30 Family Open Swim (City) (For all ages) ④ ☼	

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## Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:45 - 20:00 Masters Swim Club (18+) <i>Pool - Jorge</i>	06:30 - 07:45 Masters Swim Club (18+) <i>Pool - À venir / TBA</i>	18:45 - 20:00 Masters Swim Club (18+) <i>Pool - Jorge</i>	06:30 - 07:45 Masters Swim Club (18+) <i>Pool - À venir / TBA</i>			

## Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:15 - 17:00 Open Badminton <i>Gym</i>	07:15 - 08:15 Open Badminton <i>Gym</i>	17:30 - 19:00 Squash - Round Robin (18+) <i>Court 2, 3 &amp; 4 - Ian/Reza</i>	08:10 - 09:10 Open Badminton <i>Gym</i>	20:30 - 22:45 Supervised Basketball (18+) <i>Gym - Carlo/Eli</i>	16:00 - 18:15 Supervised Basketball (18+) <i>Gym - Alex</i>	09:00 - 11:55 Supervised Volleyball (16+) <i>Gym - Saeid/Abhilash</i>
17:30 - 19:00 Squash - Round Robin (18+) <i>Court 2, 3 &amp; 4 - Reza</i>	13:15 - 15:15 Open Basketball (18+) <i>Gym</i>	20:00 - 22:45 Supervised Basketball (18+) <i>Gym - Alex/Carlo</i>	19:45 - 21:00 Supervised Soccer (18+) <i>Gym - Régis</i>		18:30 - 19:30 Open Badminton <i>Gym - Olivia</i>	15:30 - 18:00 Supervised Basketball (18+) <i>Gym - Nicolas</i>
20:00 - 22:30 Supervised Volleyball (16+) <i>Gym - David/Julian/Pascale</i>	15:15 - 17:15 Open Badminton <i>Gym</i>		21:10 - 22:30 Supervised Badminton (18+) <i>Gym - Reza</i>			18:00 - 19:30 Supervised Soccer (18+) <i>Gym - Rémi</i>
	20:00 - 22:30 Supervised Soccer (18+) <i>Gym - Guy</i>					

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					08:30 - 09:30 Family Badminton (6-11 yrs with parents) <i>Gym</i>	

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### Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			15:30 - 17:15 Basketball for Teens <i>Gym - Activités animées /Animated activities</i> ✍	15:35 - 17:15 Basketball for Teens <i>Gym - Activités animées /Animated activities</i> ✍	13:30 - 15:45 Open Soccer for Teens <i>Gym - Activités animées /Animated activities</i>	13:20 - 15:25 Basketball for Teens <i>Gym - Activités animées /Animated activities</i> ✍
				18:45 - 20:20 Open Soccer for Teens <i>Gym - Activités animées /Animated activities</i>		

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