

Print date: 2025-06-12

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

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

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

Special schedule

Tuesday, June 24 (Quebec National Holiday): no Group Fitness

Tuesday, July 1 (Canada Day): no Group Fitness

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

OPENING HOURS

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	10:20 - 11:15 Cardio-Toning 2C - Christiane	10:00 - 10:55 Gentle Fitness 2C - Éric	10:20 - 11:15 Total Sculpt 2C - Christiane/Nathalie G.	10:00 - 11:15 Qi Gong/Chi Kung 2B - Josée	10:00 - 10:45 Cycling 25 March - 4 May 2A - Kevin	10:50 - 11:35 Total Sculpt 2C - Gala
		10:45 - 11:40 Pilates 2B - Sara (R)			10:30 - 11:45 Tai Chi 2B - Fabrice	

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 - 11:55 Cycling 2A - Mathilde (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 Pilates 2C - André B./Violaine (R)
13:30 - 14:25 Yoga 2B - Mara (R)					12:00 - 12:55 Bootcamp Gym - Billie	13:30 - 14:25 Yoga 2B - Christiane/Nathalie G. (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 - <i>kévin</i>	17:45 - 18:30 Bootcamp Gym - <i>Billie</i>	17:30 - 18:25 Total Sculpt 2C - <i>Micheline</i>	17:30 - 18:25 Pilates 2B - <i>André</i>	18:00 - 19:25 Yoga 2B - <i>Mara</i> (R)		
17:30 - 18:25 Yoga 2B - <i>Malika</i> (R)	18:00 - 18:55 Pilates 2B - <i>Sébastien</i>	18:00 - 18:55 Yoga 2B - <i>Mara</i> (R)	17:30 - 18:25 Total Sculpt 2C - <i>Marie-Eve</i>	19:00 - 20:25 Capoeira 2C - <i>Colette</i>		
18:30 - 19:25 Pilates 2B - <i>André</i> (R)	18:30 - 19:25 Y Pump 2C - <i>Alexia</i>	18:30 - 19:25 Zumba® 2C - <i>Stéphanie</i>	18:30 - 19:25 Raga-Pop 2C - <i>Jordan/David</i>			
18:30 - 19:25 HIIT Cycling 2A - <i>Jean Luke</i> (R)	18:30 - 19:15 Cycling 2A - <i>Mathilde</i> (R)	19:00 - 20:15 Gentle Yoga 2B - <i>Mara</i> (R)	19:00 - 19:55 Bootcamp Gym - <i>Marie-Eve</i>			
18:30 - 19:25 Raga-Pop 2C - <i>David/Laure</i>	19:00 - 19:55 Djamboola 2B - <i>Meryse</i>					
19:00 - 20:25 Capoeira Gym - <i>Colette</i>	19:30 - 20:25 Kickboxing 2C - <i>El Alla</i>					
19:30 - 20:25 Gentle Yoga 2B - <i>Jacky</i> (R)						

Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09:30 - 10:15 Interval Cycling 2A - <i>Michel</i> (R)		09:30 - 10:15 Interval Cycling 2A - <i>Michel</i> (R)			10:45 - 11:40 « Nia » Dance 2B - <i>Lise-Anna</i>
	10:30 - 11:55 Meditation 26 March - 16 June 2B - <i>Dodik</i>					

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	17:30 - 18:25 Latin Dance 2C - <i>Sophie</i>	18:30 - 19:15 Interval Cycling (8 yrs+) (8+) 2A - <i>Michel</i> (R)	18:30 - 19:25 Cycle 'n Sculpt 2A - <i>kévin</i> (R)	17:30 - 18:15 Latin Dance 2C - <i>Mélonne</i>		

Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	07:00 - 08:00 Triathlon - Running <i>Outdoor - Fred</i> ⚙️		18:30 - 19:30 Triathlon - Running <i>Outdoor - Fred</i> ⚙️			

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 Aquafit <i>Pool - Marine</i> (R)	09:00 - 09:55 Aqua Bootcamp <i>Pool - Gui</i> (R)	09:00 - 09:55 Aqua Cardio <i>Pool - Marine</i> (R)	10:00 - 10:55 Aquafit <i>Pool - Mary A.</i> (R)	09:00 - 09:55 Aquafit <i>Pool - Mary A.</i> (R)	12:00 - 12:55 Aquafit <i>Pool - Valérie</i> (R)	12:00 - 12:55 Aqua Dance <i>Pool - Marine</i> (R)
18:30 - 19:25 Aqua Cardio <i>Pool - Caroline</i> (R)		18:30 - 19:25 Aquafit <i>Pool - Marine</i> (R)				

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 ⚙️	16:30 - 17:25 ② ⚙️			
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 ⚙️					14:30 - 17:25 ⚙️

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.

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 - 19:30 Swim Club (5-18 yrs) 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

Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20:30 - 22:30 Open Basketball Gym			17:45 - 18:55 Open Soccer (18+) Gym	16:30 - 18:25 Open Basketball Gym - Wilfred	17:15 - 19:15 Open Basketball Gym	
				18:30 - 20:25 Basketball practice Gym - Anthony		

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
17:30 - 19:00 Rap Slam Youth Zone - Dice	16:30 - 18:00 Video Workshop Youth Fair - Jordan	16:45 - 17:45 Fitness for Teens Gym - Dice	16:00 - 17:00 Culturally YMCA Youth Zone - Krystelle	18:30 - 20:25 Basketball practice Gym - Anthony		
	17:00 - 18:00 Youth Council Youth Zone - Krystelle		17:30 - 18:30 Discussion Night Youth Zone - Krystelle			

Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:30 - 17:30 Multisport 6-7 years old (6-11 yrs) 26 March - 28 May Gym - Ellis /\$	16:30 - 18:00 Bootcamp for Kids (3-5 yrs) 27 March - 29 May 2B/Gym - Émile /\$	16:30 - 18:00 Soccer Plus (3-5 yrs) 28 March - 30 May 3A-3B/Gym - Émile et Jessica /\$	10:00 - 11:30 Kindergym (1-4 yrs with parents) 29 March - 31 May 3A-3B - Jessica BB\$	09:00 - 10:00 Gymnastics for Kids (3-5 yrs) 30 March - 1 June Gym - À venir/TBA /\$	10:00 - 11:00 Basketball for Kids (6-8 yrs) 31 March - 2 June Gym - Émile /\$
	16:30 - 18:00 Multisport 6-7 years old (3-5 yrs) 26 March - 28 May 3A-3B/Gym - Émile /\$				10:15 - 11:15 Soccer for Kids (3-5 yrs) 30 March - 1 June Gym - À venir/TBA /\$	10:00 - 11:00 Basketball for Kids (3-5 yrs) 31 March - 2 June Gym - Elias et Jessica /\$
						11:00 - 12:00 Basketball for Kids (9-11 yrs) 31 March - 2 June Gym - Émile \$