



Notre-Dame-de-Grâce YMCA

4335 Hampton Avenue, Montreal, Quebec H4A 2L3

Tel. : 514 486-7315

ymcaquebec.org

Print date: 2025-08-02

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

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

POOL CLOSURE

Saturday - Sunday: 7 p.m.

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:25 - 10:25 Total Sculpt Gym - Jean	09:15 - 10:15 Power Yoga Studio 1 - Sophie	09:15 - 10:15 Vinyasa Yoga Studio 1 - Carmen	09:00 - 10:00 Chair Yoga (18+) Teen Zone - Malcolm \$N	09:00 - 10:00 Gentle Yoga Studio 1 - Tricia	09:00 - 10:10 Interval Training Gym - Sandra	09:25 - 10:25 Cardio-Dance Gym - Tanya
10:30 - 11:30 Yoga – Meditation Studio 1 - Jayme	09:30 - 10:30 Interval Training Gym - Véronique	10:30 - 11:30 Yoga Studio 1 - Tricia	09:20 - 10:20 Tai Chi Studio 1 - Heather ✍	09:25 - 10:25 Total Sculpt Gym - Terri	09:00 - 09:55 Cycling Studio 2 - Terry (R)	09:30 - 10:25 Cycling Studio 2 - Janice (R)
10:30 - 11:30 Gentle Fitness Gym - Tricia	09:30 - 10:20 Cycling Studio 2 - Lise (R)	10:30 - 11:30 Gentle Fitness Gym - Olena	09:45 - 10:35 Cycling Studio 2 - Vicky (R)	10:30 - 11:30 Endurance Cycling Studio 1 - Claude (R)	10:20 - 11:20 Total Sculpt Gym - Myriam	10:30 - 11:30 Pilates Studio 1 - Marie-Claude ✍
	09:30 - 10:20 Cycling Studio 2 - Terri (R)		10:20 - 11:20 Tai Chi Studio 1 - Heather ✍	10:30 - 11:30 Gentle Fitness Gym - Ky/Karen		10:40 - 11:40 HIIT Gym - Judith
	10:35 - 11:30 Stretching Gym - Sulé		10:30 - 11:30 Stretching Gym - Rosalind			

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 | 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.



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Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:05 - 13:05 Bootcamp Gym - Tanya	11:45 - 12:45 Belly Dancing 26 March - 28 May Studio 1 - Natalie BB / \$N	11:40 - 12:35 Cardio Ballroom Studio 1 - Olena		12:00 - 13:00 Pilates Studio 1 - Marie-Claude	11:10 - 11:40 Interval Abs Studio 2 - Karine	11:30 - 12:30 Pilates Studio 1 - Malcolm
14:10 - 15:10 Tai Chi Studio 1 - Heather /	13:00 - 14:00 Qi Gong/Chi Kung Studio 1 - Roger BB			12:05 - 13:05 Bodyshred® Gym - Kathy	11:25 - 12:20 Zumba® Gym - Julian	11:30 - 12:30 Pilates Studio 1 - Marie-Claude /
					13:00 - 14:30 Yoga – Meditation Studio 1 - Jayme	13:00 - 14:30 Yoga Studio 1 - Sophie

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 17:55 Essentrics® Studio 1 - Tammy	18:15 - 19:15 HIIT Gym - Myriam	18:05 - 19:05 Total Sculpt Gym - Olivia	18:15 - 19:15 Cycling Studio 2 - Sharon (R)	18:00 - 19:00 Yoga Studio 1 - Kelly		16:30 - 17:30 Yoga Studio 1 - Tricia
18:00 - 19:00 Stretching Studio 1 - Rosalind	18:15 - 19:15 Cycling Studio 2 - Sharon (R)	18:30 - 19:30 Cycling Studio 2 - Christina (R)	19:20 - 20:20 Bootcamp Gym - Karine			
18:05 - 19:15 Total Sculpt Gym - Monica	19:20 - 20:20 Bootcamp Gym - Guy	19:05 - 20:05 Yoga Studio 1 - Kelly	19:35 - 20:35 Belly Dancing 26 March - 28 May Studio 1 - Natalie BB / \$N			
19:15 - 20:15 Yoga Studio 1 - Isabelle		19:10 - 20:10 Zumba® Gym - Cynthia				
19:20 - 20:20 Bootcamp Gym - Tanya						

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Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:55 - 07:50 Physical Conditioning Gym/Outdoor - Marion/Andrew ⚙️ (new)	10:30 - 11:15 Gentle Cycling (18+) Studio 2 - Stephanie	06:55 - 07:50 Physical Conditioning Gym/Outdoor - Marion/Andrew ⚙️ (new)	09:25 - 10:25 PLYOGA® Gym - Sulé	06:55 - 07:50 Physical Conditioning Gym/Outdoor - Marion/Andrew ⚙️ (new)	10:10 - 11:05 Interval Cycling Studio 2 - Karine (R)	
09:00 - 10:00 Stand Up Studio 1 - Ania ✂️ \$N	10:30 - 11:15 Gentle Cycling (18+) Studio 2 - Stephanie	09:00 - 10:00 Stand Up Teen Zone - Louise ✂️ \$N		10:30 - 11:30 "The Groove™" Studio 1 - Nadine		
09:30 - 10:20 Interval Cycling Studio 2 - Stephanie (R)		09:25 - 10:25 Tabata Gym - Tricia/Terri				
		10:30 - 11:20 Interval Cycling Studio 2 - Stephanie (R)				

Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:55 "The Groove™" Studio 1 - Nadine	12:00 - 13:00 Power Walking 23 April - 16 June Gym/Outdoor - Donna ⚙️ ✂️ \$N				11:00 - 12:30 Karate (13+) Studio 1 - Robert ✂️ \$N	14:45 - 16:15 Open Boxing Studio 1 - Peter

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:30 - 19:30 Cycling (8 yrs+) (8+) Studio 2 - Karine (R)	18:30 - 20:00 Karate (13+) Studio 1 - Robert ✂️ \$N		18:30 - 19:30 Karate (13+) Studio 1 - Robert ✂️ \$N			

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Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:25 - 11:10 TRX® Circuit Studio 1 - Terri BB / \$	07:00 - 07:45 TRX® Circuit Studio 1 - Terri BB / \$	11:30 - 12:15 TRX® Tabata Studio 1 - Terri BB / \$	07:10 - 07:55 TRX® Circuit Studio 1 - Terri BB / \$	08:00 - 08:45 TRX® Circuit Studio 1 - Terri BB / \$	
	20:15 - 21:45 Boxing Studio 1 - William /		12:20 - 13:05 TRX® Tabata Terri BB / \$	08:00 - 08:45 TRX® Circuit Studio 1 - Terri BB / \$		

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00 Aquafit Pool - Corinne BB	10:00 - 11:00 Aquafit Pool - Zachary BB	08:00 - 09:00 Aquafit Pool - Corinne BB	10:00 - 11:00 Aquafit Pool - Kevin BB	11:15 - 12:00 Aqua Arthritis Pool - Fabienne / \$N	09:00 - 10:00 Aquafit Pool - Corinne BB	
10:00 - 10:45 Aqua Arthritis Pool - Corinne / \$N		10:00 - 10:45 Aqua Arthritis Pool - Corinne / \$N				
19:00 - 20:00 Aquafit Pool - Fabienne BB		19:20 - 20:20 Aquafit Pool - Kevin BB				

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:55 ③	06:30 - 09:55 ③	06:30 - 07:55 ③	06:30 - 09:55 ③	06:30 - 09:25 ③	07:15 - 08:55 ③	08:15 - 08:55 ③
10:50 - 13:30 ③	12:00 - 13:30 ③	10:50 - 13:30 ③	12:00 - 13:30 ③	12:05 - 13:30 ③	15:45 - 17:00 ③	15:00 - 17:30 ③
20:00 - 21:30 ③	19:35 - 21:30 ③	20:25 - 21:30 ③	19:35 - 21:30 ③	20:15 - 21:30 ③		

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 BB	11:00 - 11:55 BB	09:00 - 09:55 BB	11:00 - 11:55 BB	15:30 - 18:25 BB	14:45 - 15:40 BB	13:15 - 15:00 BB
15:30 - 16:25 BB	15:00 - 16:25 BB	16:00 - 16:55 BB	15:30 - 16:25 BB			

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Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:15 - 19:15 Swim Club (6-15 yrs) 3 April - 14 June <i>Pool</i> BB / \$		18:30 - 19:30 Swim Club (6-15 yrs) 3 April - 14 June <i>Pool</i> BB / \$		

Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20:30 - 21:55 Supervised Cosom Hockey (18+) <i>Gym - Phil</i> / \$N	20:30 - 22:00 Supervised Badminton (16+) <i>Gym - Ian/Leila</i>	20:30 - 21:55 Supervised Volleyball (18+) <i>Gym - Fabia/Phil</i> / \$N	12:05 - 13:00 Pickleball <i>Gym</i>	14:30 - 16:20 Pickleball <i>Gym</i>	12:30 - 14:45 Supervised Badminton (16+) <i>Gym - Don</i>	12:00 - 15:00 Open Badminton (For all ages) <i>Gym</i> (R)
			20:00 - 22:00 Open Basketball <i>Gym/Classroom</i>		15:00 - 17:00 Basketball practice <i>Gym - Irwin and Che</i>	16:30 - 17:55 Supervised Basketball (18+) <i>Gym</i> / \$N
			20:30 - 22:00 Open Basketball <i>Gym</i>			

Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:50 - 09:15 Open Gym <i>Gym</i>	05:30 - 09:15 Open Gym <i>Gym</i>	07:50 - 09:15 Open Gym	05:30 - 09:15 Open Gym <i>Gym</i>	07:50 - 08:45 Open Gym <i>Gym</i>	07:00 - 08:50 Open Gym <i>Gym</i>	08:00 - 09:15 Open Gym <i>Gym</i>
14:05 - 16:55 Open Gym <i>Gym</i>	14:05 - 16:30 Open Gym	14:05 - 16:30 Open Gym	14:00 - 15:50 Open Gym <i>Gym</i>	16:30 - 17:55 Open Gym <i>Gym</i>	18:00 - 19:00 Open Gym <i>Gym</i>	15:00 - 16:30 Open Gym <i>Gym</i>

Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:30 - 19:30 Cycling (8 yrs+) (8+) <i>Studio 2 - Karine</i> (R)						

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Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:30 - 20:00 Youth Zone - Drop in <i>Teen Zone</i>	15:30 - 20:00 Youth Zone - Drop in <i>Teen Zone</i>	15:30 - 20:00 Youth Zone - Drop in <i>Teen Zone</i>	15:30 - 22:00 Youth Zone - Drop in <i>Teen Zone</i>	15:30 - 20:20 Youth Zone - Drop in <i>Teen Zone</i>	15:00 - 17:00 Basketball practice <i>Gym - Irwin and Che</i>	
17:00 - 19:00 Cooking workshop for teens <i>Teen Zone - Jade</i>	17:00 - 18:00 Art Studio <i>Teen Zone</i>	17:00 - 18:00 Hip-Hop for Teens <i>Studio 1 - Ann Clara</i>	18:30 - 20:00 Web Design Training 101 <i>Class room</i>	16:30 - 17:30 Boxing for Teens <i>Studio 1 - William</i> ✍	15:00 - 17:00 Basketball for Teens <i>Gym</i>	
				16:30 - 17:45 Boxing for Teens <i>Studio 1 - William</i>		
				18:00 - 22:00 Basketball Team for Teens <i>Gym - Kira and Nicholas</i>		
				19:00 - 21:45 Basketball Team for Teens <i>Gym - Kira and Nicholas</i>		

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Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:05 - 14:35 Soccer Plus (3-5 yrs) 1 April - 3 June Gym - À venir/ TBA / \$	13:05 - 14:05 Crafty Stories (3-5 yrs) 2 April - 4 June Class room - À venir/ TBA / \$	13:05 - 14:35 Lil' Chefs (3-5 yrs) 3 April - 5 June Teen Zone - À venir/ TBA / \$	13:05 - 14:35 Soccer Plus (3-5 yrs) 4 April - 6 June Gym - À venir/ TBA / \$	13:05 - 14:05 Multisport 6-7 years old (3-5 yrs) 5 April - 7 June Gym - À venir/ TBA / \$	09:00 - 10:00 Karate for Kids (6-12 yrs) Studio 1 - Robert / \$	
	16:00 - 17:00 Soccer for Kids (6-8 yrs) 26 March - 16 June Gym - Guy / \$N		16:00 - 17:00 Basketball for Kids (8-12) 28 March - 16 June Gym - Sacha / \$		10:00 - 11:00 Karate for Kids (6-12 yrs) Studio 1 - Robert / \$	
	16:45 - 17:30 Karate for Kids (6-12 yrs) Studio 1 - Robert / \$		17:00 - 17:45 Jr. NBA (5-7) Gym / \$			
	17:30 - 18:30 Karate for Kids (6-12 yrs) Studio 1 - Robert / \$		17:30 - 18:30 Karate for Kids (6-12 yrs) Studio 1 - Robert / \$			

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