



# Notre-Dame-de-Grâce YMCA

4335 Hampton Avenue, Montreal, Quebec H4A 2L3

Tel. : 514 486-7315

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

Print date: 2025-08-26

## Winter 2020 From 2020-01-06 to 2020-03-22

OPENING HOURS	<b>Monday - Friday:</b> 6 a.m. - 10 p.m.
	<b>Saturday - Sunday:</b> 7:30 a.m. - 7 p.m.
	Special schedule
POOL CLOSURE	<b>Monday, September 1 (Labour Day):</b> no Group Fitness
	<b>Monday, October 13 (Thanksgiving Day):</b> no Group Fitness
	Saturday - Sunday: 7 p.m.

## Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:55 - 07:50 Gentle Fitness Gym/Outdoor - Marion/Andrew ⚙	09:15 - 10:15 Power Yoga Studio 1 - Sophie	06:55 - 07:50 Gentle Fitness Gym/Outdoor - Marion/Andrew ⚙	09:00 - 10:00 Chair Yoga (18+) Teen Zone - Malcolm ✂ \$N	06:55 - 07:50 Gentle Fitness Gym/Outdoor - Marion/Andrew ⚙	09:00 - 09:55 Cycling Studio 2 - Terry (R)	09:25 - 10:25 Cardio-Dance Gym - Tanya
09:15 - 10:15 Total Sculpt Gym - Terri	09:30 - 10:20 Cycling Studio 2 - Terri (R)	09:15 - 10:15 Vinyasa Yoga Studio 1 - Carmen	09:20 - 10:20 Tai Chi Studio 1 - Heather	09:00 - 10:15 Yoga Studio 1 - Tricia	09:00 - 10:10 Interval Training Gym - Sandra	09:30 - 10:25 Cycling Studio 2 - Janice (R)
09:30 - 10:20 Cycling Studio 2 - Lise (R)	09:30 - 10:30 Interval Training Gym - Véronique	10:30 - 11:20 Cycling Studio 2 - Stephanie (R)	09:40 - 10:25 Metafit® Gym - Wilson	09:25 - 10:25 Total Sculpt Gym - Pauline	10:20 - 11:20 Total Sculpt Gym - Myriam	10:30 - 11:30 Pilates Studio 1 - Marie-Claude
10:30 - 11:30 Gentle Fitness Gym - Olivia B ⚙	10:35 - 11:30 Stretching Gym - Sulé	10:30 - 11:30 Gentle Fitness Gym - Pauline ⚙	09:45 - 10:35 Cycling Studio 2 - Vicky (R)	10:30 - 11:30 Endurance Cycling Studio 1 - Claude (R)		10:40 - 11:40 HIIT Gym - Judith
10:30 - 11:30 Yoga – Meditation Studio 1 - Jayme		10:35 - 11:35 Yoga Studio 1 - Tricia	10:20 - 11:20 Tai Chi Studio 1 - Heather	10:30 - 11:30 Gentle Fitness Gym - Tricia ⚙		
			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](http://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 Studio 1 - Natalie BB / \$N		13:15 - 14:15 Belly Dancing Studio 1 - Natalie BB / \$N	12:00 - 13:00 Pilates Studio 1 - Marie- Claude	11:25 - 12:20 Zumba® Gym - Julian	11:30 - 12:30 Pilates Studio 1 - Marie- Claude
14:10 - 15:10 Tai Chi Heather	13:00 - 14:00 Qi Gong/Chi Kung Studio 1 - Christine BB			12:05 - 13:05 Bodyshred® Gym - Kathy	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
15:10 - 16:10 Tai Chi Studio 1 - Heather	18:15 - 19:15 HIIT Gym - Myriam	18:05 - 19:05 Total Sculpt Gym - Myriam	18:15 - 19:00 Interval Abs Gym - Donna	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 Yoga Studio 1 - Brian	18:15 - 19:15 Cycling Studio 2 - Sharon (R)			
18:05 - 19:05 Total Sculpt Gym - Monica	19:20 - 20:20 Bootcamp Gym - Shere	19:10 - 20:10 Zumba® Gym - Cynthia	19:10 - 20:10 Bootcamp Gym - Karine			
18:30 - 19:30 Cycling Studio 2 - Karine (R)						
19:15 - 20:15 Yoga Studio 1 - Isabelle						
19:20 - 20:20 Bootcamp Gym - Tanya						

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## Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 10:00 Stand Up (65+) 27 January - 22 March Studio 1 - Ania ✂ \$N	10:30 - 11:30 Gentle Cycling (18+) Studio 2 - Stephanie (R)	09:00 - 10:00 Stand Up (65+) Teen Zone - Louise ✂ \$N		10:30 - 11:30 "The Groove™" Studio 1 - Nadine	10:10 - 11:05 Interval Cycling Studio 2 - Karine (R)	
	10:30 - 11:30 Gentle Cycling (18+) Studio 2 - Stephanie (R)	09:25 - 10:25 Tabata Gym - Tricia/Pauline				

## Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:55 "The Groove™" Studio 1 - Nadine					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 - 20:00 Karate (13+) Studio 1 - Robert ✂ \$N		18:30 - 19:30 Karate (13+) Studio 1 - Robert ✂ \$N			

## Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:35 - 11:20 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 - 21:55 Boxing Studio 1 - William	20:15 - 21:55 Boxing Studio 1 - Peter		08:00 - 08:45 TRX® Circuit Studio 1 - Terri BB ✂ \$		

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## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:45 Aqua Arthritis Pool - Corinne	10:00 - 11:00 Aquafit Pool - Zachary	10:00 - 10:45 Aqua Arthritis Pool - Corinne	10:00 - 11:00 Aquafit Pool - Kevin	11:10 - 11:55 Aqua Arthritis Pool - Fabienne	09:00 - 10:00 Aquafit Pool - Corinne	
19:00 - 20:00 Aquafit Pool - Fabienne		19:20 - 20:20 Aquafit Pool - Kevin				

## Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:45 - 08:55 ③	06:45 - 09:55 ③	06:45 - 08:55 ③	06:45 - 09:55 ③	06:45 - 09:25 ③	07:15 - 08:55 ③	08:15 - 08:55 ③
10:50 - 13:25 ③	12:00 - 13:25 ③	10:50 - 13:25 ③	12:00 - 13:25 ③	12:00 - 13:25 ③	15:45 - 16:55 ③	15:00 - 17:25 ③
20:05 - 21:25 ③	19:40 - 20:55 ③	20:25 - 21:25 ③	19:40 - 20:55 ③	20:20 - 21:25 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 - 14:55 BB
15:30 - 16:25 BB	15:00 - 16:25 BB	16:00 - 16:55 BB	15:30 - 16:25 BB			

## Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:15 - 19:15 Swim Club (6-15 yrs) 11 January - 20 March Pool ✂ \$		18:30 - 19:30 Swim Club (6-15 yrs) 11 January - 20 March Pool ✂ \$		

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## Sports and Recreation - Sports

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

## Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:50 - 09:05 Open Gym <i>Gym</i>	05:30 - 09:15 Open Gym <i>Gym</i>	07:50 - 09:15 Open Gym <i>Gym</i>	05:30 - 09:15 Open Gym <i>Gym</i>	07:50 - 09:15 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 - 17:55 Open Gym <i>Gym</i>	13:35 - 16:50 Open Gym <i>Gym</i>	12:05 - 13:00 Open Gym <i>Gym</i>	12:05 - 13:00 Open Gym	16:10 - 17:55 Open Gym <i>Gym</i>	17:05 - 19:00 Open Gym <i>Gym</i>	15:00 - 18:00 Open Gym <i>Gym</i>
		15:35 - 16:55 Open Gym <i>Gym</i>	14:05 - 15:55 Open Gym <i>Gym</i>			

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		17:00 - 18:00 Hapkido (6-12 yrs avec parents) 15 January - 22 March <i>Studio 1 - Eilif et Anna</i> / \$				

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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 - 19:00 Youth Zone - Drop in <i>Teen Zone</i>	15:30 - 19:00 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>	15:00 - 17:00 Supervised Basketball for teens Gym	
17:00 - 20:00 Cooking workshop for teens <i>Teen Zone - Jade</i>			18:00 - 20:00 Web Design Training 101 <i>Classroom 1</i>	16:30 - 17:45 Boxing for Teens <i>Studio 1 - William</i>		
				18:30 - 21:30 Basketball practice <i>Gym - Kira</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) 13 January - 23 March Gym - À venir/ TBA ✂ \$	13:05 - 14:05 Crafty Stories (3-5 yrs) 14 January - 24 March Class room - À venir/ TBA ✂ \$	13:05 - 14:35 Lil' Chefs (3-5 yrs) 15 January - 18 March Class room - À venir/ TBA ✂ \$	13:05 - 14:35 Soccer Plus (3-5 yrs) 16 January - 26 March Gym - À venir/ TBA ✂ \$	13:05 - 14:05 Multisport 6-7 years old (3-5 yrs) 17 January - 27 March Gym - À venir/ TBA ✂ \$	09:00 - 10:00 Karate for Kids (6-12 yrs) Studio 1 - Robert ✂ \$	
	16:45 - 17:30 Karate for Kids (6-12 yrs) Studio 1 - Robert ✂ \$		17:00 - 18:00 Basketball for Kids (8-12 yrs) 16 January - 22 March Gym - À venir/ TBA ✂ \$		10:00 - 11:00 Karate for Kids (6-12 yrs) Studio 1 - Robert ✂ \$	
	17:00 - 18:00 Soccer for Kids (6-9 yrs) 14 January - 22 March Gym - À venir/ TBA ✂ \$		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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