



Print date: 2025-07-16

Winter 2020

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

OPENING HOURS

Monday - Friday: 7 a.m. - 9 p.m.

Saturday - Sunday: 9 a.m. - 9 p.m.

Special schedule

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

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 - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:30 Cycling Studio 2 - Serge	06:30 - 07:30 Yoga Studio 3 - Emily (R)	06:30 - 07:30 Cycling Studio 2 - Pascale	06:30 - 07:15 Circuit Training Studio 1 - Jodi	06:30 - 07:15 Cycling Studio 2 - Mary	08:30 - 09:30 Cycling Studio 2 - Olga/Randall	08:00 - 08:45 Y Pump Studio 1 - Laurie
09:00 - 09:45 Cycling Studio 2 - Pascale	06:30 - 07:15 Total Sculpt Studio 1 - Allan	08:45 - 09:45 Vinyasa Yoga Studio 3 - Lyse (R)	09:00 - 10:00 Interval Training Studio 1 - Ema	06:30 - 07:30 Yoga Studio 3 - June (R)	08:30 - 09:30 Step Studio 1 - Dagmar	09:00 - 10:10 Cycling Studio 2 - Joe
09:00 - 09:50 Y Pump Studio 1 - Laurie	09:00 - 10:00 Interval Training Studio 1 - Susan	09:00 - 09:45 Cycling Studio 2 - Susan	09:00 - 10:00 Yogalates Studio 3 - Aysu (R)	08:10 - 08:55 Circuit Training Studio 1 - Olga	08:50 - 09:50 Vinyasa Yoga Studio 3 - Vinnie (R)	09:00 - 09:55 Zumba® Studio 1 - Preetha
09:00 - 10:00 Yoga Studio 3 - Nancy E. (R)	09:00 - 09:55 Yoga Studio 3 - Joanna (R)	09:00 - 09:55 Step Studio 1 - Patricia	10:10 - 11:10 Zumba® Gym 2 - Lisbeth	09:00 - 09:45 Cycling Studio 2 - Olga	09:40 - 10:55 Circuit Training Studio 1 - Leslie-Ann	09:00 - 10:15 Power Yoga Studio 3 - Aysu/Joanna (R)
10:00 - 10:55 Gentle Cardio-Toning Studio 1 - Lynn	10:05 - 11:05 Zumba® Gym 2 - Lucia	10:00 - 10:55 Zumba® Gold Studio 1 - Alexandra	10:10 - 11:10 Vinyasa Yoga Studio 3 - Nadine (R)	09:00 - 09:55 Step Studio 1 - Nancy E.	10:00 - 11:15 Yoga Studio 3 - Anne (R)	10:00 - 10:45 Step Studio 1 - Cheryl
10:30 - 11:30 Pilates Studio 3 - Victoria D. (R)	10:55 - 11:55 Chair Yoga Studio 1 - Joanna	10:30 - 11:30 Pilates Studio 3 - Victoria D. (R)	10:55 - 11:55 Tai Chi 13 February - 22 March Studio 1 - Vinnie	09:00 - 09:55 Pilates Studio 3 - Donna W. (R)		10:45 - 11:30 Bootcamp Studio 1 - Cheryl
				10:00 - 11:00 Vinyasa Yoga Studio 3 - Stéphanie (R)		
				10:05 - 11:05 Gentle Cardio-Toning Studio 1 - Susan		

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Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 11:50 Gentle Toning <i>Studio 1 - Olena</i>	12:10 - 12:55 Interval Training <i>Studio 1 - Olena</i>	11:00 - 11:50 Gentle Toning <i>Studio 1 - Susan</i>	14:00 - 15:15 Gentle Yoga <i>Studio 3 - Sharan</i>	11:15 - 12:00 Stretching <i>Studio 1 - Orly</i>	11:00 - 12:00 Zumba® <i>Studio 1 - Silvia</i>	
12:00 - 13:00 Zumba® <i>Studio 1 - Dana</i>	14:00 - 15:15 Gentle Yoga <i>Studio 3 - Sharon</i>	12:00 - 12:45 Stretching <i>Studio 1 - Orly</i>			11:30 - 12:30 Pilates <i>Studio 3 - Stéphanie</i> (R)	
12:10 - 12:55 Vinyasa Yoga <i>Studio 3 - Crystal</i> (R)						



Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:25 - 18:20 Circuit Training <i>Studio 1 - Leslie-Ann</i>	15:30 - 16:00 Qi Gong/Chi Kung <i>Studio 1 - Robert</i> ✍	17:25 - 18:15 Total Sculpt <i>Studio 1 - Terri</i>	17:55 - 18:55 Pilates <i>Studio 3 - Stéphanie</i> (R)	16:45 - 17:40 Y Pump <i>Studio 1 - Lori L.</i>		16:00 - 16:55 Variable-Intensity Interval Training (VIIT) <i>Studio 1 - Lynn</i>
17:45 - 18:55 Cycling <i>Studio 2 - Joe</i>	16:00 - 17:00 Tai Chi <i>Studio 1 - Judy\Robert</i> ✍ \$N	17:45 - 18:45 Pilates <i>Studio 3 - Orly</i> (R)	18:05 - 19:05 Bootcamp <i>Studio 1 - MJ</i>	17:45 - 18:55 Cycling <i>Studio 2 - Joe</i>		
17:45 - 18:45 Pilates <i>Studio 3 - Nancy R.</i> (R)	17:30 - 18:30 Essentrics® <i>Studio 3 - Lori L.</i> (R)	18:00 - 19:00 Cycling <i>Studio 2 - Randall \ Nathalie</i>	19:05 - 20:20 Vinyasa Yoga <i>Studio 3 - Aysu</i> (R)	19:00 - 20:00 Zumba® <i>Studio 1 - Patrick</i>		
18:30 - 19:15 POUND® <i>Studio 1 - Cheryl</i>	18:00 - 19:00 Cycling <i>Studio 2 - Christopher</i>	18:20 - 19:20 Step <i>Studio 1 - Dagmar</i>	19:10 - 20:10 Cardio-Belly Dancing <i>Studio 1 - Abeer</i>			
19:05 - 20:20 Yoga <i>Studio 3 - Elishia</i> (R)	18:05 - 19:05 HIIT <i>Studio 1 - Bassel</i>	19:05 - 20:20 Yoga <i>Studio 3 - Joanna</i> (R)				
19:20 - 20:20 Zumba® <i>Studio 1 - Lindy</i>	18:50 - 19:50 Zumba® <i>Gym 2 - Rosario</i>	19:30 - 20:30 Zumba® <i>Studio 1 - Patrick</i>				

Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:05 - 11:20 Kripalu Yoga <i>Studio 3 - Debra</i> (R)				08:30 - 10:00 Aikido (16+) <i>Gym 1 - Marty</i> ✍	

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Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			12:10 - 12:55 Tabata Studio 1 - Olena			

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	17:15 - 18:00 PILOXING SSP® Studio 1 - Ema		17:15 - 18:00 PILOXING SSP® Studio 1 - Ema			
	18:30 - 20:00 Aikido (16+) Gym 2 - Marty /					
	19:00 - 20:15 Kundalini Yoga Studio 3 - Sophie					

Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			08:00 - 08:45 TRX® Studio 1 - Anthony /\$	14:00 - 15:00 Yin Yoga & Massage 17 January - 14 February Studio 3 - Crystal/Brigitte /\$		11:40 - 12:25 TRX® Studio 1 - Denis /\$

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Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:50 Aquafit Pool - Teresa	09:00 - 09:50 Aquafit Pool - Sandy/ Isabelle	09:00 - 09:50 Aquafit Pool - Lesley M.	09:00 - 10:00 Aqua Zumba Pool - Laurie	09:00 - 09:50 Aquafit Pool - Annalie	08:00 - 08:50 Aqua Cardio Pool - Teresa	
12:40 - 13:25 Aqua Arthritis Pool - Donna L.	18:05 - 18:55 Aqua Cardio Pool - Teresa	10:00 - 10:50 Aqua Cardio Pool - Sandy	18:05 - 18:55 Aquafit Pool - Andrea	10:00 - 10:50 Aqua Cardio Pool - Sandy		
17:35 - 18:25 Aqua Interval Pool - Donna W.		13:00 - 13:45 Aqua Arthritis Pool - Helen		13:00 - 13:45 Aqua Arthritis Pool - Helen		
		17:35 - 18:25 Aqua Interval Pool - Jaclyne				

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 08:55 ③	06:30 - 08:55 ③	06:30 - 08:55 ③	06:30 - 08:55 ③	06:30 - 08:55 ③	07:00 - 07:55 ③	07:00 - 08:55 ③
10:00 - 12:35 ③	11:00 - 16:00 ③	11:00 - 12:55 ③	11:00 - 15:00 ③	11:00 - 12:55 ③	17:00 - 19:00 ②	17:00 - 19:00 ②
15:30 - 16:00 ③	16:00 - 17:55 ②	14:00 - 16:00 ③	15:00 - 17:00 ③	14:00 - 16:00 ③		
16:00 - 17:25 ②		16:00 - 17:25 ②	16:00 - 17:00 ①	16:00 - 16:30 ②		
18:30 - 20:30 ②		20:30 - 21:25 ③	19:00 - 20:00 ②			
20:30 - 21:25 ②						

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 12:00 Open Swim Beach Plus (0-5 yrs with parents) ③	11:00 - 12:00 Open Swim Beach Plus (0-5 yrs with parents) ③	11:00 - 12:00 Open Swim Beach Plus (0-5 yrs with parents) ③	11:00 - 12:00 Open Swim Beach Plus (0-5 yrs with parents) ③	14:30 - 15:30 Open Swim Beach Plus (0-5 yrs with parents) ③	15:05 - 16:55	15:05 - 16:55
		18:30 - 20:30				

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Aquatics - Triathlon - Swimming

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	19:00 - 20:15 Triathlon - Swimming 7 January - 24 March Pool ③					

Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 13:30 Pickleball (18+) Gym 1 & 2	11:15 - 13:15 Supervised Badminton (18+) Gym 1 & 2 ④	11:30 - 13:30 Pickleball (18+) Gym 1 & 2	11:15 - 13:15 Supervised Badminton (18+) Gym 1 & 2 ④	11:15 - 13:15 Supervised Badminton (18+) Gym 1 & 2 ④	09:00 - 11:30 Squash Clinic - Women (18+) ② ✍	10:00 - 11:00 Supervised Badminton (18+) Gym 1 ③
18:30 - 20:00 Supervised Soccer (18+) Gym 1 & 2	13:30 - 15:30 Pickleball (18+) Gym 2	18:30 - 20:00 Supervised Soccer (18+) Gym 1 & 2	13:30 - 15:30 Pickleball (18+) Gym 2	20:00 - 22:30 Open Basketball (16+) Gym 1 & 2	17:30 - 19:30 Supervised Badminton (18+) Gym 1 ②	10:40 - 11:30 Squash Clinic - Women (18+) ① ✍
20:00 - 22:30 Supervised Volleyball (16+) Gym 1 & 2 ①	20:00 - 22:30 Supervised Badminton (18+) Gym 1 & 2 ④	20:00 - 22:30 Supervised Badminton (18+) Gym 1 & 2	18:30 - 21:00 Supervised Volleyball (18+) Gym 1 ① ✍			11:00 - 13:00 Supervised Badminton (18+) Gym 1 & 2 ④
			19:30 - 21:00 Supervised Volleyball (16+) Gym 2 ①			13:00 - 14:30 Pickleball (Family Pickleball 12+) Gym 1 & 2
			21:00 - 22:30 Open Basketball (16+) Gym 1 & 2			16:30 - 18:00 Supervised Cosom Hockey (18+) Gym 1 & 2
						18:00 - 19:30 Supervised Soccer (18+) Gym 1 & 2

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Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					17:30 - 19:30 Family Badminton (6 yrs+ with parents) Gym 2 ②	10:00 - 11:00 Family Badminton (6 yrs+ with parents) Gym 2 ①
						13:00 - 14:30 Family Pickleball (12+) Gym 1 & 2
						14:30 - 16:25 Family Open Gym (5 yrs+ with parents) Gym 2

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:30 - 17:25 Basketball for Teens Gym 1 & 2 \$N	17:45 - 18:45 Discussion Night (12-17)	15:30 - 17:25 Basketball for Teens Gym 1 & 2 \$N	15:30 - 18:25 Basketball for Teens Gym 1 \$N	15:30 - 17:40 Basketball for Teens Gym 1 \$N	12:30 - 16:00 Basketball for Teens Gym 1 \$N	14:30 - 16:25 Basketball for Teens Gym 1 \$N
16:00 - 17:25 Supervised Basketball for teens 11 February - 13 October Gym 1 & 2 \$N			16:30 - 19:00 Cooking workshop for teens (12-17)	19:30 - 21:00 Guitar lessons (12-17)		

Teen Programs (12 +) - Academic Supports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:30 - 19:30 Homework club (12-17)	15:30 - 19:30 Homework club (12-17)	15:30 - 19:30 Homework club (12-17)				

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Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		17:30 - 18:30 Soccer for Kids 15 January - 18 March Gym 1 & 2 / \$	18:00 - 19:00 Basketball for Kids 16 January - 19 March Gym 2 / \$	17:45 - 18:45 Volleyball for Kids (6-14 yrs) 17 January - 20 March Gym 1 / \$	09:45 - 10:30 Kidfit (6-9 yrs) 18 January - 21 March Gym 2 / \$	09:00 - 10:00 Badminton for Kids (6-17 yrs) 12 January - 15 March Gym 1 & 2 ④ / \$
			18:45 - 19:30 Basketball for Kids 16 January - 19 March Gym 2 / \$		10:30 - 11:30 Martial Arts for Kids 18 January - 21 March Gym 1 / \$	
					11:30 - 12:30 Multisport 6-7 years old (6-11 yrs) 18 January - 21 March Gym 2 \$	