



Print date: 2019-10-22

<b>Fall 2019</b>	<b>From 2019-09-09 to 2019-12-22</b>
<b>OPENING HOURS</b>	Week: 6:00 to 22:45   Week-end : 7:15 to 19:45

### Group Fitness - Strength and Cardio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:05 - 12:55 Total Sculpt Gym - Sara ☐	07:00 - 07:45 Metafit Studio 1 - Wilson ✍☐	07:30 - 08:30 Running club Hall - Multiples ☀✍☐	07:00 - 07:45 MetaPWR Studio 1 - Wilson ✍☐	12:05 - 12:55 Bootcamp Gym - Sara ☐	10:15 - 11:00 Step Studio 2 - Bassel (R)◆	10:00 - 11:00 Step Studio 2 - Valérie (R)☐
16:40 - 17:25 Total Sculpt Studio 2 - Leigh ☐	12:05 - 12:50 BOSU Gym - Bassel ☐	12:05 - 12:55 HIIT - Toning Gym - Olivia C. ◆	12:05 - 12:55 Bootcamp Gym/Outdoor - Bassel ☀☐	17:30 - 18:30 Interval Training Gym - Virginie ☐	11:15 - 12:00 Total Sculpt Gym - Bassel ☐	11:10 - 12:05 Total Sculpt Studio 2 - Valérie ☐
17:30 - 18:25 HIIT Gym - Myriam ◆	17:30 - 18:25 Total Sculpt Gym - Antonella ☐	16:40 - 17:25 Total Sculpt Studio 2 - Leigh ☐	17:30 - 18:30 Aero-Kickboxing Studio 1 - Eva ☐		12:15 - 13:15 Bootcamp Gym - Bassel ☐	
17:30 - 18:20 Total Sculpt Studio 2 - Pauline ☐	18:40 - 19:35 Circuit Training Gym - Kristen ☐	17:35 - 18:25 Interval Training Studio 2 - Mary C. ◆	17:35 - 18:25 BOSU Gym - Olivia C. ◆			
17:45 - 19:00 Running club Hall - Multiples ☀✍☐	18:45 - 19:35 Zumba®Step Studio 2 - Sandra C. (R)☐	18:40 - 19:25 Core Strength & Abs Gym - Charles ◆	17:35 - 18:35 Step Studio 2 - Diana (R)◆			
18:30 - 19:20 PLYOGA® Studio 2 - Pauline ☐		18:40 - 19:40 Bootcamp Studio 2/Outdoor - Manal ☀◆				

### Group Fitness - Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 07:50 Cycling Studio 3 - Vicky ✍☐	12:00 - 12:50 Cycling Studio 3 - Helen (R)◆	07:00 - 07:50 Cycling Studio 3 - Vicky ✍☐	12:00 - 12:50 Cycling Studio 3 - Xin (R)☐	07:00 - 07:50 Cycling Studio 3 - Vicky ✍☐	10:45 - 11:45 Cycling Studio 3 - Steve C. (R)☐	10:45 - 11:45 Cycling Studio 3 - Xin (R)☐
12:00 - 12:50 Cycling Studio 3 - Christiane (R)☐	17:30 - 18:30 Cycling Studio 3 - Allison (R)☐	12:00 - 12:50 Cycling Studio 3 - Helen (R)☐	17:30 - 18:30 Cycling Studio 3 - Steve C. (R)☐	12:00 - 12:50 Cycling Studio 3 - Mathilde (R)☐		
17:40 - 18:40 Cycling Studio 3 - Omar (R)☐		17:40 - 18:40 Cycling Studio 3 - Ben (R)☐	18:40 - 19:25 HIIT Cycling Studio 3 - Sam (R)☐	17:40 - 18:40 Cycling Studio 3 - Zabelle (R)☐		

Levels : ☐ All levels | ● Beginner | ◆ Advanced | ☀ Outdoor Classes | BBBaby Friendly | ✍ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | 🏠 Activity open to City of Montréal residents | 🏡 Activity open to City of Westmount residents | 🏡 Activity sponsored by Desjardins | 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/activities.

**Group Fitness - Mind and Body**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 13:00 Yoga Studio 4 - Andrea S. <input type="checkbox"/>	11:00 - 11:50 Yoga Studio 4 - Michelle <input type="checkbox"/>	12:00 - 13:00 Power yoga Studio 4 - Ying ◆	12:00 - 13:00 Vinyasa Yoga Studio 4 - Claudette <input type="checkbox"/>	07:00 - 08:00 Yoga Studio 1 - Christiane ✍️ <input type="checkbox"/>	11:30 - 12:30 Yoga Studio 4 - Chitra <input type="checkbox"/>	11:00 - 12:00 Yoga Studio 1 - Don ◆
17:30 - 18:30 Yoga Studio 4 - Teaghan ●	12:00 - 13:00 Vinyasa Yoga Studio 4 - Olivia C. ◆	17:15 - 18:30 Yoga Studio 4 - Ivan <input type="checkbox"/>	13:05 - 14:05 Stretching Studio 2 - Claudine <input type="checkbox"/>	09:30 - 10:30 Kundalini Yoga Studio 1 - Louise D. <input type="checkbox"/>	12:25 - 13:25 Pilates Studio 2 - Joanne <input type="checkbox"/>	12:15 - 13:30 Yoga Studio 2 - Don <input type="checkbox"/>
18:40 - 19:40 Yoga Studio 4 - Olivia C. <input type="checkbox"/>	13:05 - 14:05 Pilates Studio 2 - Gala <input type="checkbox"/>		16:25 - 17:25 Yoga Studio 2 - Christiane <input type="checkbox"/>	11:00 - 12:00 Pilates Studio 2 - Iain <input type="checkbox"/>	13:00 - 14:00 Yoga Studio 4 - Chitra <input type="checkbox"/>	
	16:25 - 17:25 Vinyasa Yoga Studio 2 - Olivia C. <input type="checkbox"/>		17:30 - 18:30 Yoga Studio 4 - Mary C. ◆	12:00 - 13:00 Yoga Studio 4 - Marmar <input type="checkbox"/>	13:35 - 14:35 Pilates Studio 2 - Joanne <input type="checkbox"/>	
	17:35 - 18:35 Yoga Studio 2 - Mary C. ◆			17:30 - 18:30 Yoga Studio 4 - Catherine <input type="checkbox"/>		
	18:30 - 19:30 Stretching Studio 4 - Claudine <input type="checkbox"/>			18:35 - 19:45 Yoga Studio 4 - Don ◆		
	19:35 - 20:35 Pilates Studio 1 - Joanne <input type="checkbox"/>					

**Group Fitness - Dance**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:50 Zumba® Studio 2 - Marmar <input type="checkbox"/>	12:00 - 13:00 Djamboola Studio 2 - Katy <input type="checkbox"/>	12:00 - 12:50 Zumba® Studio 2 - Marmar <input type="checkbox"/>	12:00 - 13:00 African Dance Studio 2 - Claudine <input type="checkbox"/>	10:00 - 10:50 Zumba® Gym - Franklin <input type="checkbox"/>	10:00 - 11:00 Zumba® Gym - Maria <input type="checkbox"/>	12:10 - 13:10 Zumba® Gym - Julien <input type="checkbox"/>
18:30 - 19:30 Zumba® Gym - Linda <input type="checkbox"/>		17:30 - 18:30 Zumba® Gym - Linda <input type="checkbox"/>	18:30 - 19:30 Zumba® Gym - Olivia C. <input type="checkbox"/>	12:10 - 13:00 Djamboola Studio 2 - Méryse <input type="checkbox"/>		
19:40 - 20:40 Belly Dancing Studio 2 - Marie <input type="checkbox"/>		18:40 - 19:40 Belly Dancing Studio 1 - Marie <input type="checkbox"/>		17:30 - 18:30 Zumba® Studio 2 - Sandra C./Pascale <input type="checkbox"/>		

Levels :  All levels | ● Beginner | ◆ Advanced | ⚙️ Outdoor Classes | BBBaby Friendly | ✍️ Registration required | 💰 Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | 🏠 Activity open to City of Montréal residents | (W) Activity open to City of Westmount residents | 🏡 Activity sponsored by Desjardins | 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/activities](http://ymcaquebec.org/activities).

**Group Fitness - Martial Arts**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:55 Tai chi Studio 2 - Wendy ✍️ <input type="checkbox"/>	09:30 - 10:30 Tai Chi Beginner Studio 1 - Wendy ✍️ ●	10:00 - 10:55 Tai chi Studio 4 - Wendy ✍️ ◆	18:35 - 19:35 Tai chi Studio 4 - Steve Q. ✍️ <input type="checkbox"/>	10:00 - 10:55 Tai chi Studio 2 - Wendy ✍️ ●		09:45 - 10:45 Qi Gong / Tchi Kung Studio 1 - Christine <input type="checkbox"/>
18:35 - 19:35 Tai chi Studio 1 - Steve Q. ✍️ <input type="checkbox"/>		18:35 - 19:35 Tai Chi - fan Studio 4 - Ling Ling ✍️ <input type="checkbox"/>				

**Group Fitness - Gentle Fitness**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:50 Gentle Toning Gym - Helen <input type="checkbox"/>	10:00 - 10:50 Chair yoga Studio 2 - Chitra <input type="checkbox"/>	10:00 - 10:50 Gentle Toning Studio 2 - Sabrina <input type="checkbox"/>	10:00 - 10:50 Chair yoga Studio 2 - Sarah <input type="checkbox"/>	11:00 - 11:50 Gentle Toning Gym - Line <input type="checkbox"/>		
11:00 - 11:50 Gentle Aero-Toning Gym - Helen <input type="checkbox"/>	11:00 - 11:50 Gentle Aero-Toning Gym - Helen <input type="checkbox"/>	11:00 - 11:50 Gentle Aero-Toning Studio 2 - Olivia B. <input type="checkbox"/>	11:00 - 11:50 Gentle Yoga Studio 4 - Andrea S. <input type="checkbox"/>			
			11:00 - 11:50 Gentle Aero-Toning Studio 2 - Mary S. <input type="checkbox"/>			

**Aquatics - Aquafit**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:55 - 10:45 Aquafit Pool - Azadeh <input type="checkbox"/>	12:05 - 12:50 Aquafit Pool - Kevin <input type="checkbox"/>	09:55 - 10:45 Aquafit Pool - Laura <input type="checkbox"/>	12:05 - 12:50 Aquafit Pool - Azadeh <input type="checkbox"/>	09:55 - 10:45 Aquafit Pool - Kevin <input type="checkbox"/>		
17:45 - 18:40 Aquafit Pool - Valérie <input type="checkbox"/>		17:45 - 18:40 Aquafit Pool - Pauline <input type="checkbox"/>		17:30 - 18:25 Aquafit Pool - Valérie <input type="checkbox"/>		



### Aquatics - Lane Swim

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

### 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 ☼ □	

### Aquatics - Swimming Clubs

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

Levels : □ All levels | ● Beginner | ◆ Advanced | ☼ Outdoor Classes | BB Baby Friendly | ✎ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | ☼ Activity open to City of Montréal residents | (W) Activity open to City of Westmount residents | ☼ Activity sponsored by Desjardins | 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/activities](http://ymcaquebec.org/activities).



### Health and fitness - Sports and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:30 - 17:15 Open Badminton Gym <input type="checkbox"/>	07:15 - 08:15 Open Badminton Gym <input type="checkbox"/>	20:00 - 22:45 Supervised Basketball (18+) Gym - Alex/Carlo <input type="checkbox"/>	08:10 - 09:10 Open Badminton Gym <input type="checkbox"/>	20:30 - 22:45 Supervised Basketball (18+) Gym - Carlo/Eli <input type="checkbox"/>	16:00 - 18:15 Supervised Basketball (18+) Gym - Alex <input type="checkbox"/>	09:00 - 11:55 Supervised Volleyball (16+) Gym - Saeid/Abhilash <input type="checkbox"/>
19:45 - 22:45 Supervised Volleyball (16+) Gym - David/Julian/Pascale <input type="checkbox"/>	13:05 - 15:10 Open Basketball (18+) Gym <input type="checkbox"/>		13:10 - 15:20 Open Basketball (18+) Gym <input type="checkbox"/>		18:30 - 19:30 Open Badminton Gym <input type="checkbox"/>	15:30 - 18:00 Supervised Basketball (18+) Gym - Nicolas <input type="checkbox"/>
	15:15 - 17:15 Open Badminton Gym <input type="checkbox"/>		19:45 - 21:00 Supervised Soccer (18+) Gym - Régis <input type="checkbox"/>			18:00 - 19:30 Supervised Soccer (18+) Gym - Rémi <input type="checkbox"/>
	20:00 - 22:30 Supervised Soccer (18+) Gym - Guy <input type="checkbox"/>		21:10 - 22:30 Supervised Badminton (18+) Gym - Reza <input type="checkbox"/>			

### Health and fitness - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:10 - 12:55 Functional Training 9 September - 2 December Studio 1 - Bassel <input type="checkbox"/>						

### Parent & Baby / Family Activities - Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				18:30 - 20:00 Family Open Swim (City) (For all ages) Recreational Pool <input type="checkbox"/>	08:30 - 09:30 Family Badminton (6- 11 yrs with parents) Gym <input type="checkbox"/>	
					15:45 - 16:30 Family Open Swim (City) (For all ages) Recreational Pool <input type="checkbox"/>	
					16:30 - 18:30 Family Open Swim (City) (For all ages) Recreational pool and Big Pool <input type="checkbox"/>	

Levels :  All levels |  Beginner |  Advanced |  Outdoor Classes |  BBBaby Friendly |  Registration required |  Additional payment required |  (R)Reservation card available at membership services desk 20 minutes before the start of each class. |  \$N Additional fee for non-members |  Activity open to City of Montréal residents |  (W)Activity open to City of Westmont residents |  Activity sponsored by Desjardins | 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/activities](http://ymcaquebec.org/activities).



### Youth Activities (12 years +)

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

Levels :  All levels |  Beginner |  Advanced |  Outdoor Classes |  Baby Friendly |  Registration required |  Additional payment required |  Reservation card available at membership services desk 20 minutes before the start of each class. |  Additional fee for non-members |  Activity open to City of Montréal residents |  Activity open to City of Westmount residents |  Activity sponsored by Desjardins | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons -  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/activities](http://ymcaquebec.org/activities).