



Print date: 2022-05-17

Spring 2022

From 2022-03-28 to 2022-06-19

As of February 14**OPENING HOURS**

Monday - Friday: 6:45 am - 9 pm

Saturday - Sunday: 7:45 am - 5 pm

HOLIDAYS

April, 17: 7:45 am - 5 pm No group fitness classes. May, 23: 6:45 am - 9 pm No group fitness classes.

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 11:00 Pilates 16 May - 19 June Studio 3 - Gabrielle <input type="checkbox"/>	10:30 - 11:30 Gentle Yoga Studio 3 - Alexandra ●	09:00 - 12:00 Prenatal Physical Conditioning (16+) Isabelle BB <input type="checkbox"/>	10:30 - 11:30 Gentle Toning Studio 3 - Nicolas ●	07:00 - 07:55 Pilates-Stretching Studio 3 - Gabrielle <input type="checkbox"/>	10:30 - 11:30 POUND® 16 May - 19 June Studio 3 - myriam <input type="checkbox"/>	
		10:00 - 10:45 Zumba® Gold Studio 3 - Ana Paula ●		10:45 - 11:45 Prenatal Physical Conditioning (16+) Studio 3 - Nicolas BB <input type="checkbox"/>		

Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:15 - 13:00 HIIT Cycling Studio 1 - Marie-Christine <input type="checkbox"/>	12:00 - 13:00 Zumba® Studio 3 - Ana Paula <input type="checkbox"/>	12:00 - 13:00 Pilates 16 May - 19 June Studio 3 - Chloé <input type="checkbox"/>	12:00 - 13:00 Total Sculpt Studio 3 - Nicolas <input type="checkbox"/>	12:00 - 13:00 Bootcamp Nicolas <input type="checkbox"/>	11:00 - 11:45 Cycling Studio 1 - À venir/TBA <input type="checkbox"/>	11:30 - 12:30 Yoga Studio 3 - À venir/TBA <input type="checkbox"/>
13:00 - 14:00 Gentle Toning Studio 3 - Nicolas ●		12:15 - 13:15 Yoga Studio 3 - Anne <input type="checkbox"/>		12:00 - 13:00 Pilates 16 May - 19 June Studio 3 - Isabelle <input type="checkbox"/>		

Levels : All levels | ● Beginner | ◆ Advanced | ✨ Outdoor Classes | ✍ 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 | OC Activity open to City of Québec 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/activities.



Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 18:00 Bootcamp <i>Studio 3 - Jimmy</i> <input type="checkbox"/>	17:00 - 18:00 Total Sculpt <i>Studio 3 - Jimmy</i> <input type="checkbox"/>	17:00 - 20:00 Prenatal Physical Conditioning (16+) <i>Marie-Ève BB</i> <input type="checkbox"/>	17:00 - 17:45 HIIT Cycling <i>Studio 1 - Jimmy</i> <input type="checkbox"/>			
17:15 - 18:00 Cycling <i>Studio 1 - Alain</i> <input type="checkbox"/>	18:15 - 19:15 Zumba® <i>Studio 3 - À venir/TBA</i> <input type="checkbox"/>	17:00 - 18:00 Bootcamp <i>Nicolas</i> <input type="checkbox"/>	18:00 - 18:45 Bootcamp <i>Studio 3 - Jimmy</i> <input type="checkbox"/>			
17:30 - 18:30 HIIT 16 May - 19 June <i>Studio 3 - Jessica</i> <input type="checkbox"/>	18:30 - 19:15 HIIT Cycling <i>Studio 1 - Jimmy</i> <input type="checkbox"/>	17:15 - 18:00 Cycling <i>Studio 1 - Marie-Christine</i> <input type="checkbox"/>	19:00 - 20:00 Yoga <i>Studio 3 - Élise</i> <input type="checkbox"/>			
18:15 - 19:15 Aerobox 25 April - 19 June <i>Studio 3 - Jimmy</i> <input type="checkbox"/>	19:30 - 20:30 Yoga <i>Studio 3 - Anne</i> <input type="checkbox"/>	17:15 - 18:15 Yoga <i>Studio 3 - Alexandra</i> <input type="checkbox"/>				
19:30 - 20:30 Vinyasa Yoga <i>Studio 3 - Alexandra</i> <input type="checkbox"/>		18:30 - 19:30 HIIT - Toning 27 April - 19 June <i>Studio 2 - Nicolas</i> <input type="checkbox"/>				

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**Health and fitness - Small Group Training**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:00 - 19:30 Tennis (Beginner) 16 May - 1 June Jean Godin ☼ / ✂ / \$	12:00 - 13:00 Buti Yoga 24 May - 29 June Studio 3 - Chloé ✂ / \$ □	18:00 - 19:30 Tennis (Beginner) 16 May - 1 June Jean Godin ☼ / ✂ / \$				
18:00 - 19:30 Tennis (Initiate 1) 16 May - 1 June Jean Godin ☼ / ✂ / \$		18:00 - 19:30 Tennis (Initiate 1) 16 May - 1 June Jean Godin ☼ / ✂ / \$				
19:30 - 21:00 Tennis (Initiate 2) 16 May - 1 June Jean Godin ☼ / ✂ / \$		18:30 - 19:30 Buti Yoga 24 May - 29 June Studio 3 - Jessica ✂ / \$ □				
19:30 - 21:00 Tennis (Intermediate) 16 May - 1 June Jean Godin ☼ / ✂ / \$		19:30 - 21:00 Tennis (Initiate 2) 16 May - 1 June Jean Godin ☼ / ✂ / \$				
		19:30 - 21:00 Tennis (Intermediate) 16 May - 1 June Jean Godin ☼ / ✂ / \$				

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:45 Prenatal Aqua (16+) Swimming pool - Pénélope □		11:00 - 11:45 Aqua Zumba® Swimming pool - Ana Paula □			08:35 - 09:20 Aqua cardio Swimming pool - Pénélope □	
11:00 - 11:45 Aquafit Swimming pool - Pénélope □		19:00 - 19:45 Aqua Zumba® Swimming pool - Ana Paula □				
17:00 - 17:45 Aqua cardio Swimming pool - Pénélope □						

Levels : □ All levels | ● Beginner | ◆ Advanced | ☼ Outdoor Classes | ✂ 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 | OC Activity open to City of Québec 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/activities.



Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:50 ⑤ / <input type="checkbox"/>	07:00 - 07:50 ⑤QC <input type="checkbox"/>	07:00 - 08:50 ⑤ / <input type="checkbox"/>	07:00 - 08:50 ⑤ / <input type="checkbox"/>	07:00 - 08:50 ⑤ / <input type="checkbox"/>	13:00 - 13:50 ③ / <input type="checkbox"/>	08:00 - 08:50 ⑤ / <input type="checkbox"/>
12:00 - 13:50 ③ / <input type="checkbox"/>	08:00 - 08:50 ⑤ / <input type="checkbox"/>	12:00 - 13:50 ⑤ / <input type="checkbox"/>	11:00 - 11:50 ③ / <input type="checkbox"/>	12:00 - 13:50 ⑤ / <input type="checkbox"/>		13:00 - 13:50 ③ / <input type="checkbox"/>
16:00 - 16:50 ③ / <input type="checkbox"/>	11:00 - 11:50 ⑤ / <input type="checkbox"/>	17:00 - 17:50 ⑤QC <input type="checkbox"/>	12:00 - 12:50 ⑤QC <input type="checkbox"/>	17:00 - 17:50 ⑤QC <input type="checkbox"/>		
18:00 - 18:50 ⑤QC <input type="checkbox"/>	12:00 - 12:50 ⑤QC <input type="checkbox"/>	18:00 - 18:50 ⑤ / <input type="checkbox"/>	16:00 - 16:50 ③ / <input type="checkbox"/>	18:00 - 18:50 ⑤ / <input type="checkbox"/>		
19:00 - 20:50 ③ / <input type="checkbox"/>	16:00 - 16:50 ③ / <input type="checkbox"/>	20:00 - 20:50 ⑤ / <input type="checkbox"/>	20:00 - 20:50 ③ / <input type="checkbox"/>			
	20:00 - 20:50 ③ / <input type="checkbox"/>					

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	13:00 - 13:50 BBQC <input type="checkbox"/>	16:00 - 16:50 BB <input type="checkbox"/>	13:00 - 13:50 BBQC <input type="checkbox"/>	11:00 - 11:50 BB <input type="checkbox"/>	14:00 - 14:50 BB <input type="checkbox"/>	14:00 - 14:50 BBQC <input type="checkbox"/>
				16:00 - 16:50 BB <input type="checkbox"/>		
				19:00 - 19:50 BB <input type="checkbox"/>		



Health and fitness - Sports and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 11:30 Pickleball Gymnasium 2 ③ (R) □	10:00 - 11:30 Open Basketball Gymnasium 1 □	10:00 - 11:30 Pickleball Gymnasium 2 ③ (R) □	10:00 - 13:00 Open Basketball Gymnasium 1 □	10:00 - 11:00 Pickleball Gymnasium 2 ③ (R) □	11:15 - 13:00 Open Basketball Gymnasium 1 and 2 □	13:00 - 14:00 Open Cosom Hockey Gymnasium 1 □
10:00 - 11:30 Open Badminton Gymnasium 1 ③ (R) □	10:00 - 11:30 Spikeball Gymnasium 2 (R) □	10:00 - 11:30 Open Badminton Gymnasium 1 ③ (R) □	10:00 - 11:00 Spikeball Gymnasium 2 (R) □	10:00 - 11:30 Open Badminton Gymnasium 1 ③ (R) □	13:30 - 15:00 Pickleball Gymnasium 2 ③ (R) □	13:00 - 14:00 Introduction to Wallball/One-Wall Version (kids, teenagers, adults) Gymnasium 2 (R) □
15:00 - 17:00 Open Basketball Gymnasium 1 □	18:00 - 20:30 Open Basketball Gymnasium 1 and 2 □	14:30 - 16:00 Open Volleyball Gymnasium 1 and 2 □	11:00 - 12:00 Spikeball Gymnasium 2 (R) □	11:00 - 12:00 Pickleball Gymnasium 2 ③ (R) □	13:30 - 15:00 Open Badminton Gymnasium 1 ③ (R) □	14:30 - 16:30 Open Volleyball Gymnasium 1 and 2 □
15:00 - 16:00 Spikeball Gymnasium 2 (R) □		18:30 - 19:30 Pickleball Gymnasium 2 ③ (R) □	12:00 - 13:00 Spikeball Gymnasium 2 (R) □	11:30 - 13:00 Open Badminton Gymnasium 1 ③ (R) □	15:00 - 16:30 Pickleball Gymnasium 2 ③ (R) □	
16:00 - 17:00 Spikeball Gymnasium 2 (R) □		18:30 - 19:30 Open Badminton Gymnasium 1 ③ (R) □	17:30 - 20:30 Open Soccer Gymnasium 1 □	12:00 - 13:00 Pickleball Gymnasium 2 ③ (R) □	15:00 - 16:30 Open Badminton Gymnasium 1 ③ (R) □	
17:30 - 18:30 Pickleball Gymnasium 2 ③ (R) □		19:30 - 20:30 Pickleball Gymnasium 2 ③ (R) □		15:00 - 17:00 Open Basketball Gymnasium 1 and 2 □		
17:30 - 18:30 Open Badminton Gymnasium 1 ③ (R) □		19:30 - 20:30 Open Badminton Gymnasium 1 ③ (R) □		17:30 - 20:30 Open Volleyball Gymnasium 1 and 2 □		
18:30 - 19:30 Pickleball Gymnasium 2 ③ (R) □						
18:30 - 19:30 Open Badminton Gymnasium 1 ③ (R) □						
19:30 - 20:30 Pickleball Gymnasium 2 ③ (R) □						
19:30 - 20:30 Open Badminton Gymnasium 1 ③ (R) □						

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚡ Outdoor Classes | ✍ 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 | OC Activity open to City of Québec 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/activities.



Health and fitness - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						09:30 - 12:30 LÜ Family Activity Gymnasium 2 <small>new</small> <input type="checkbox"/>
						09:30 - 12:30 Family Open Gym (5+) Gymnasium 1 <input type="checkbox"/>

Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					09:00 - 10:00 Basketball 6–7 years – Level 1 (6-7 yrs) Gymnasium 1 ✍️ \$ <input type="checkbox"/>	
					09:00 - 10:00 Soccer 6–7 years – Level 1 (6-7 yrs) Gymnasium 2 ✍️ \$ <input type="checkbox"/>	
					10:00 - 11:00 Basketball 8–9 years – Level 1 (8-9 yrs) Gymnasium 1 ✍️ \$ <input type="checkbox"/>	
					10:00 - 11:00 Soccer 8–9 years – Level 1 (8-9 yrs) Gymnasium 2 ✍️ \$ <input type="checkbox"/>	

Levels : All levels | ● Beginner | ◆ Advanced | ⚙️ Outdoor Classes | ✍️ 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 | OC Activity open to City of Québec 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/activities.