



Print date: 2019-10-21

Fall 2019	From 2019-09-09 to 2019-12-22
OPENING HOURS	Week: 6:00 to 22:00 Saturday : 8:00 to 19:00 Sunday : 8:00 to 17:30
HOLIDAYS	October 14, 2019: 8:00 to 17:30 No group fitness classes, no free swim.

Group Fitness - Strength and Cardio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:45 - 12:40 Total Sculpt Studio 1 - Chantal <input type="checkbox"/>	17:30 - 18:25 Toning – Ball/Bosu Studio 1 - Paul-Émile <input type="checkbox"/>	17:45 - 18:25 Metafit Studio 1 - Josée \$N ◆	12:00 - 13:00 Interval Abs Studio 1 - Geneviève <input type="checkbox"/>	10:30 - 11:25 Parent & Baby Interval Training Studio 1/Outdoor - Chantal BB ✂ \$N <input type="checkbox"/>	09:30 - 10:15 Step Studio 1 - Pak Kei <input type="checkbox"/>	
18:30 - 19:25 Aero-Toning Studio 1 - Jeanne <input type="checkbox"/>			17:30 - 18:25 Total Sculpt Gym - Jeanne <input type="checkbox"/>	18:00 - 18:55 PLYOGA® Studio 1 - Emmanuella BB ✂ \$N <input type="checkbox"/>	10:15 - 11:00 Total Sculpt Studio 1 - Pak Kei \$N <input type="checkbox"/>	

Group Fitness - Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:15 Cycling Podium Scene - Martin (R) <input type="checkbox"/>			17:45 - 18:30 Cycling Studio 1 - Line (R) \$N <input type="checkbox"/>			

Group Fitness - Mind and Body

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 Stretching Studio 1 - Jinny <input type="checkbox"/>	07:05 - 08:00 Pilates Studio 1 - Gala BB <input type="checkbox"/>	12:00 - 12:55 Pilates Gym - Line (R) <input type="checkbox"/>		07:05 - 08:00 Pilates Studio 1 - Gala BB <input type="checkbox"/>	11:00 - 11:55 Prenatal Yoga Studio 1 - Christiane ✂ \$N <input type="checkbox"/>	13:30 - 14:45 Yoga Studio 1 - Gala <input type="checkbox"/>
10:15 - 11:10 Parent & Baby Yoga Studio 1/Outdoor - Christiane BB ✂ \$N <input type="checkbox"/>	10:30 - 11:25 Stretching Studio 1 - Monique <input type="checkbox"/>	19:30 - 20:25 Yoga Studio 1 - Gala <input type="checkbox"/>		11:30 - 12:45 Yoga Gym - Katy <input type="checkbox"/>		
19:30 - 20:25 Pilates Studio 1 - Chantal <input type="checkbox"/>	18:30 - 19:45 Power yoga Studio 1 - Katy ◆					

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 | 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 - Dance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:55 Line Dance Gym - Louise <input type="checkbox"/>		18:30 - 19:25 Djamboola Studio 1 - Katy \$N <input type="checkbox"/>				11:00 - 11:55 Zumba® Studio 1 - Mirna \$N <input type="checkbox"/>
17:30 - 18:25 Zumba® Studio 1 - Caroline <input type="checkbox"/>						

Group Fitness - Martial Arts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			10:00 - 10:55 Qi Gong / Tchi Kung Studio 1 - Christine \$N <input type="checkbox"/>			

Group Fitness - Gentle Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09:30 - 10:25 Zumba® Gold Studio 1 - Louise <input type="checkbox"/>		11:00 - 11:55 Gentle Aero-Toning Studio 1 - Geneviève <input type="checkbox"/>	10:40 - 11:25 Zumba® Gold Gym - Irma <input type="checkbox"/>		
	11:30 - 12:25 Balance and functional movement Studio 1 - Paul-Émile \$N <input type="checkbox"/>					
	16:30 - 17:25 Balance and functional movement Studio 1 - Paul-Émile \$N <input type="checkbox"/>					



Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:30 - 09:25 Aqua interval Pool - Cynthia (R) <input type="checkbox"/>	09:30 - 10:25 Aquafit Pool - Christine (R) <input type="checkbox"/>	08:30 - 09:25 Aquafit Pool - Eva (R) <input type="checkbox"/>	09:30 - 10:25 Aquafit Pool - Eva (R) <input type="checkbox"/>	08:30 - 09:25 Aqua interval Pool - Chantal (R) <input type="checkbox"/>	12:00 - 12:45 Aquafit Pool - Kevin <input type="checkbox"/>	09:30 - 10:30 Aquafit Pool - Manical <input type="checkbox"/>
09:30 - 10:25 Aquafit Pool - Cynthia (R) <input type="checkbox"/>		09:30 - 10:25 Aqua core Pool - Eva (R) <input type="checkbox"/>	17:30 - 18:30 Aquafit Pool - Mirna <input type="checkbox"/>	09:30 - 10:25 Aquafit Pool - Chantal (R) <input type="checkbox"/>	12:45 - 13:30 Aqua Bootcamp Pool - Kevin ◆	
10:30 - 11:15 Aqua arthritis Pool - Monika <input type="checkbox"/>		10:30 - 11:15 Aqua Parent & Baby Pool - Eva BB <input type="checkbox"/> \$N <input type="checkbox"/>				
16:30 - 17:25 Aquafit Pool - Linda <input type="checkbox"/>		16:30 - 17:25 Aquafit Pool - Romain <input type="checkbox"/>				
17:30 - 18:15 Aquafit Pool - Linda ◆		17:30 - 18:15 Aquafit Pool - Romain ◆				
18:15 - 19:00 Aqua Bootcamp Pool - Linda ◆		18:15 - 19:00 Prenatal Aqua Pool - Romain / \$N <input type="checkbox"/>				

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30 - 13:25 ② \$N <input type="checkbox"/>	11:30 - 13:25 ② \$N <input type="checkbox"/>	11:30 - 13:25 ② \$N <input type="checkbox"/>	11:30 - 13:25 ② \$N <input type="checkbox"/>	11:30 - 13:25 ② \$N <input type="checkbox"/>	13:30 - 14:25 ② \$N <input type="checkbox"/>	13:00 - 13:55 ② \$N <input type="checkbox"/>
19:00 - 20:25 ② \$N <input type="checkbox"/>		19:00 - 20:25 ② \$N <input type="checkbox"/>			16:30 - 17:25 Family Open Swim (For all ages) 21 September - 7 December \$N <input type="checkbox"/>	14:00 - 14:55 Family Open Swim (For all ages) \$N <input type="checkbox"/>

Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			18:30 - 19:25 Swim Training for Teens 16 September - 8 December Pool / \$ <input type="checkbox"/>			10:30 - 11:25 Swim Training for Teens 16 September - 8 December Pool / \$ <input type="checkbox"/>

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Health and fitness - Sports and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 17:25 Open Badminton Gym (R) \$N □	11:30 - 13:00 Open Hockey Practice (For all ages) 1 September - 2 May Arena \$N □	13:30 - 15:00 Open Hockey Practice (For all ages) 1 September - 2 May Arena \$N □	11:30 - 12:55 Open Badminton Gym (R) \$N □	15:00 - 16:30 Open Skating (For all ages) 1 September - 2 May Arena □	14:30 - 16:25 Supervised Basketball (18+) Gym - Martin et Joseph (R) \$N ◆	11:30 - 14:25 Supervised Volleyball (18+) Gym - à venir/TBA (R) □
16:30 - 18:00 Open Hockey (18+) 1 September - 2 May Arena \$N □	18:00 - 19:55 Supervised Soccer (18+) Gym - à venir/TBA (R) □	15:00 - 16:30 Open Skating (For all ages) 1 September - 2 May Arena □	11:30 - 13:00 Open Hockey Practice (For all ages) 1 September - 2 May Arena \$N □	18:00 - 19:55 Supervised Volleyball (18+) Gym - à venir/TBA (R) \$N ◆	16:30 - 18:55 Open Badminton Gym (R) \$N □	13:30 - 15:00 Open Hockey (18+) 1 September - 2 May Arena \$N □
18:30 - 20:25 Supervised Basketball (18+) Gym - Martin et Joseph (R) \$N ◆	20:00 - 21:55 Supervised Cosom Hockey (16+) Gym - à venir/TBA \$N □	20:00 - 21:55 Open Badminton Gym (R) \$N □	16:30 - 18:00 Open Hockey (18+) 1 September - 2 May Arena \$N □		19:30 - 21:00 Open Hockey 1 September - 2 May Arena \$N □	15:00 - 17:25 Open Badminton Gym (R) \$N □

Parent & Baby / Family Activities - Parent & Baby Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15 - 11:10 Parent & Baby Yoga Studio 1/Outdoor - Christiane BB ☀️ / \$N □		10:30 - 11:15 Aqua Parent & Baby Pool - Eva BB / \$N □		10:30 - 11:25 Parent & Baby Interval Training Studio 1/Outdoor - Chantal BB / \$N □		

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			18:30 - 19:25 Swim Training for Teens 16 September - 8 December Pool \$ □			10:30 - 11:25 Swim Training for Teens 16 September - 8 December Pool \$ □



Hochelaga-Maisonneuve YMCA

4567 Hochelaga Street, Montreal, Quebec H1V 1C8

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ymcaquebec.org

Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					12:15 - 13:15 Soccer for Kids (6-8 yrs) <i>Gym - à venir/TBA</i> ✍️ \$ ●	10:00 - 10:45 Soccer for Kids (3-5 ans) <i>Gym - à venir/TBA</i> ✍️ \$ ●
					13:15 - 14:15 Soccer for Kids (9-12 yrs) <i>Gym - à venir/TBA</i> ✍️ \$ ●	

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.