



Print date: 2023-09-24

Fall 2023

From 2023-09-04 to 2023-12-17

OPENING HOURS

Monday - Friday: 6:45 a.m. - 9 p.m.

Saturday - Sunday: 7:45 a.m. - 5 p.m.

CLOSED

December 25th & January 1st

HOLIDAYS

(No group classes) September 4th: Labour Day - October 9th: Thanksgiving

Group Fitness included in the membership - Morning

Table with 7 columns (Monday to Sunday) and 4 rows of class schedules including Cycling, HIIT, Gym, and Yoga.

Group Fitness included in the membership - Midday

Table with 7 columns (Monday to Sunday) and 2 rows of class schedules including Belly Dancing, Bodyshred, and Yoga.

Intensity: Low, Moderate, High | Outdoor Classes | Registration required | Additional payment required | 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 - 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 included in the membership - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:15 - 19:15 HIIT Gym - Monica 🔥🔥🔥	17:30 - 18:30 Yoga Studio 2 - Mara 🔥🔥🔥	18:15 - 19:15 Zumba® Gym - Priya 🔥🔥🔥	18:15 - 19:15 Bootcamp Gym - Karine 🔥🔥🔥	18:30 - 19:30 Yoga Studio 2 - Malcolm 🔥🔥🔥		
18:30 - 19:30 Yoga Studio 2 - Malcolm 🔥🔥🔥	17:30 - 18:30 HIIT Gym - Myriam 🔥🔥🔥	18:30 - 19:30 Pilates Studio 2 - Vanessa 🔥🔥🔥	18:30 - 19:30 Cycling Studio 1 - Sharon 🔥🔥🔥			
	18:30 - 19:30 Cycling Studio 1 - Karine 🔥🔥🔥		18:30 - 19:30 Vinyasa Yoga Studio 2 - Olivia 🔥🔥🔥			
	18:40 - 19:40 Total Sculpt Gym - Myriam 🔥🔥🔥					

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:50 Aquafit Pool - À venir/ TBA 🔥🔥🔥		10:00 - 10:50 Aquafit Pool - Helen 🔥🔥🔥		10:00 - 10:50 Gentle Aquafit Pool - Adam 🔥🔥🔥	09:00 - 09:50 Aquafit Pool - Fabienne/Stefania 🔥🔥🔥	
19:00 - 19:50 Aquafit Pool - Fabienne/Valérie 🔥🔥🔥		19:00 - 19:50 Aqua interval Pool - Valérie 🔥🔥🔥				

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 09:00	07:00 - 10:00	07:00 - 09:00	07:00 - 10:00	07:00 - 09:00	08:00 - 08:50	08:00 - 08:50
12:00 - 13:50	11:00 - 12:50	12:00 - 13:50	11:00 - 12:50	12:00 - 13:50	15:30 - 16:30	
20:00 - 20:50	20:00 - 20:50	20:00 - 20:50	20:00 - 20:50	17:00 - 18:30		

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:50	10:00 - 11:00	09:00 - 09:50	10:00 - 11:00	09:00 - 09:50	14:30 - 15:30	
11:00 - 12:00		11:00 - 12:00		11:00 - 12:00		
				15:30 - 17:00		

Intensity: Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | 🌞 Outdoor Classes | ✍ Registration required | 💰 Additional payment required | 💵 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.



Sports and Recreation - Sports

Table with 7 columns (Monday to Sunday) and 2 rows of sports activities including Pickleball and Supervised Volleyball.

Sports and Recreation - Open Gym

Table with 7 columns (Monday to Sunday) and 3 rows of open gym activities.

Youth Activities (12 years +)

Table with 7 columns (Monday to Sunday) and 2 rows of youth activities.



Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		16:00 - 16:55 Introduction to sports (3-5 years) 4 October - 6 December Gym - À venir/ TBA / \$		16:25 - 17:20 Hip-hop for kids (6-8 years) 6 October - 8 December Studio 2 - À venir/ TBA / \$	12:15 - 13:10 Basketball 6-7 years – Level 1 7 October - 9 December Gym - À venir/ TBA / \$	11:15 - 12:10 Soccer 6-7 years – Level 1 8 October - 10 December Gym - Tani / \$
				17:25 - 18:20 Hip-hop for kids (9-11 years) 6 October - 8 December Studio 2 - À venir/ TBA / \$	12:15 - 13:10 Basketball 6-7 years – Level 2 7 October - 9 December Gym - Ulrich / \$	11:15 - 12:10 Soccer 6-7 years – Level 2 8 October - 10 December Gym - Pablo / \$
					13:15 - 14:10 Basketball 8-9 years – Level 1 7 October - 9 December Gym - À venir/ TBA / \$	12:15 - 13:10 Soccer 8-9 years – Level 1 8 October - 10 December Gym - Tani / \$
					13:15 - 14:10 Basketball 8-9 years – Level 2 7 October - 9 December Gym - Ulrich / \$	12:15 - 13:10 Soccer 8-9 years – Level 2 8 October - 10 December Gym - Pablo / \$
					14:15 - 15:10 Basketball 10-11 years – Level 1 7 October - 9 December Gym - À venir/ TBA / \$	13:15 - 14:10 Soccer 10-11 years – Level 1 8 October - 10 December Gym - Tani / \$
					14:15 - 15:10 Basketball 10-11 years – Level 2 7 October - 9 December Gym - Ulrich / \$	13:15 - 14:10 Soccer 10-11 years – Level 2 8 October - 10 December Gym - Pablo / \$