



Print date: 2019-12-16

<b>Fall 2019</b>	<b>From 2019-09-09 to 2019-12-22</b>
<b>OPENING HOURS</b>	Week: 5:30 to 22:00   Saturday : 7:00 to 19:00   Sunday : 8:00 to 18:00
<b>CLOSED</b>	December 25, 2019 January 1, 2020
<b>HOLIDAYS</b>	December 24, 2019 : 8:00 to 15:00 December 26, 2019 : 8:00 to 18:00 December 31, 2019 : 8:00 to 15:00

### Group Fitness - Strength and Cardio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:25 - 10:25 Total Sculpt Gym - Terri <input type="checkbox"/>	09:30 - 10:30 Interval Training Gym - Veronique <input type="checkbox"/>	09:25 - 10:25 Tabata Gym - Tricia/Pauline <input type="checkbox"/>	09:25 - 10:25 PLYOGA® Gym - Sulé <input type="checkbox"/>	09:25 - 10:25 Total Sculpt Gym - Pauline <input type="checkbox"/>	09:00 - 10:10 Interval Training Gym - Sandra ◆	10:40 - 11:40 HIIT Gym - Judith <input type="checkbox"/>
12:05 - 13:05 Bootcamp Gym - Tanya ◆	18:15 - 19:15 HIIT Gym - Myriam <input type="checkbox"/>	18:05 - 19:05 Total Sculpt Gym - Olivia <input type="checkbox"/>	18:30 - 19:15 Interval Abs Gym - Karine <input type="checkbox"/>	12:05 - 13:05 Bodyshred™ Gym - Kathy <input type="checkbox"/>	10:20 - 11:20 Total Sculpt Gym - Myriam <input type="checkbox"/>	14:45 - 16:15 Open Boxing Studio - Peter <input type="checkbox"/>
18:05 - 19:05 Total Sculpt Gym - Monica ◆	19:20 - 20:20 Bootcamp Gym - Shere ◆	20:15 - 21:55 Boxing Studio - Peter <input type="checkbox"/>	19:20 - 20:20 Bootcamp Gym - Karine ◆			
19:20 - 20:20 Bootcamp Gym - Tanya ◆	20:15 - 21:45 Boxing Studio - William <input type="checkbox"/>					

### Group Fitness - Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 - 10:20 Cycling Cardio Cycle Studio - Lise (R) <input type="checkbox"/>	09:30 - 10:20 Cycling Cardio Cycle Studio - Terri (R) <input type="checkbox"/>	10:30 - 11:20 Cycling Cardio Cycle Studio - Stephanie (R) <input type="checkbox"/>	09:45 - 10:35 Cycling Cardio Cycle Studio - Vicky (R) <input type="checkbox"/>	10:30 - 11:30 Endurance Cycling Studio - Claude (R) ◆	09:00 - 09:55 Cycling Cardio Cycle Studio - Terry (R) <input type="checkbox"/>	09:30 - 10:25 Cycling Cardio Cycle Studio - Janice (R) <input type="checkbox"/>
18:30 - 19:30 Cycling Cardio Cycle Studio - Karine (R) <input type="checkbox"/>	10:30 - 11:15 Gentle Cycling (18+) Cardio Cycle Studio - Stephanie (R) ●	18:30 - 19:30 Cycling Cardio Cycle Studio - Karine (R) <input type="checkbox"/>	18:15 - 19:15 Cycling Cardio Cycle Studio - Sharon (R) <input type="checkbox"/>		10:10 - 11:05 Interval Cycling Cardio Cycle Studio - Karine (R) <input type="checkbox"/>	
	18:15 - 19:15 Cycling Cardio Cycle Studio - Sharon (R) <input type="checkbox"/>					

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 - Mind and Body

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 - 11:30 Yoga - Meditation Studio - Jayme <input type="checkbox"/>	09:15 - 10:15 Power yoga Studio - Sophie ◆	09:15 - 10:15 Vinyasa Yoga Studio - Carmen <input type="checkbox"/>	10:30 - 11:30 Stretching Gym - Rosalind <input type="checkbox"/>	09:00 - 10:15 Yoga Studio - Tricia <input type="checkbox"/>	13:00 - 14:30 Yoga - Meditation Studio - Jayme <input type="checkbox"/>	10:30 - 11:30 Pilates Studio - Marie-Claude ◆
18:00 - 19:00 Stretching Studio - Rosalind <input type="checkbox"/>	10:35 - 11:30 Stretching Gym - Sulé <input type="checkbox"/>	10:40 - 11:40 Yoga Studio - Tricia <input type="checkbox"/>		12:00 - 13:00 Pilates Studio - Marie-Claude <input type="checkbox"/>		11:30 - 12:30 Pilates Studio - Marie-Claude <input type="checkbox"/>
19:15 - 20:15 Yoga Studio - Isabelle <input type="checkbox"/>		18:30 - 19:30 Yoga Studio - Kelly <input type="checkbox"/>		18:00 - 19:00 Yoga Studio - Kelly <input type="checkbox"/>		13:00 - 14:30 Yoga Studio - Sophie ◆
						16:30 - 17:30 Yoga Studio - Tricia <input type="checkbox"/>

## Group Fitness - Dance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:55 "The Groove" <sup>™</sup> Studio - Nadine <input type="checkbox"/>	11:45 - 12:45 Belly Dancing Studio - Natalie BB / \$N <input type="checkbox"/>	11:45 - 12:35 Aero-Latin Studio - Karen <input type="checkbox"/>	13:15 - 14:15 Belly Dancing Studio - Natalie BB / \$N <input type="checkbox"/>	10:30 - 11:30 "The Groove" <sup>™</sup> Studio - Nadine <input type="checkbox"/>	11:25 - 12:20 Zumba® Gym - Julian <input type="checkbox"/>	09:25 - 10:25 Aero-Dance Gym - Tanya <input type="checkbox"/>
13:00 - 14:00 Ballet Workout Studio - Rosalind <input type="checkbox"/>		13:00 - 14:00 Ballet Workout Studio - Rosalind <input type="checkbox"/>				
		19:10 - 20:10 Zumba® Gym - Cynthia <input type="checkbox"/>				

## Group Fitness - Martial Arts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14:10 - 15:10 Tai chi <input type="checkbox"/>	13:00 - 14:00 Qi Gong / Tchi Kung 12 November - 22 December Studio - Christine BB <input type="checkbox"/>		09:20 - 10:20 Tai chi Studio - Heather <input type="checkbox"/>		11:00 - 12:30 Karate (13+) Studio - Robert / \$N <input type="checkbox"/>	
15:10 - 16:10 Tai chi Studio - Heather ◆	18:30 - 20:00 Karate (13+) Studio - Robert / \$N <input type="checkbox"/>		10:20 - 11:20 Tai chi Studio - Heather ◆			
			18:30 - 19:30 Karate (13+) Studio - Robert / \$N <input type="checkbox"/>			



## Group Fitness - Gentle Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:55 - 07:50 Gentle Fitness Gym/Outdoor - Marion/Andrew ☀️ <input type="checkbox"/>	10:30 - 11:15 Gentle Cycling (18+) Cardio Cycle Studio - Stephanie (R) ●	06:55 - 07:50 Gentle Fitness Gym/Outdoor - Marion/Andrew ☀️ <input type="checkbox"/>	09:00 - 10:00 Chair yoga (18+) Teen Zone - Malcolm ✂️ \$N <input type="checkbox"/>	06:55 - 07:50 Gentle Fitness Gym/Outdoor - Marion/Andrew ☀️ <input type="checkbox"/>		
09:00 - 10:00 Stand Up (65+) Studio - Ania ✂️ \$N ●		09:00 - 10:00 Stand Up (65+) Teen Zone - Louise ✂️ \$N ●		10:30 - 11:30 Gentle Fitness Gym - Tricia ☀️ <input type="checkbox"/>		
10:30 - 11:30 Gentle Fitness Gym - Olivia B ☀️ <input type="checkbox"/>		10:30 - 11:30 Gentle Fitness Gym - Pauline ☀️ <input type="checkbox"/>				

## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00 Aquafit Pool - Corinne <input type="checkbox"/>	10:00 - 11:00 Aquafit Pool - Kevin <input type="checkbox"/>	10:00 - 10:45 Aqua arthritis Pool - Corinne ✂️ \$N <input type="checkbox"/>	10:00 - 11:00 Aquafit Pool - Kevin <input type="checkbox"/>	11:15 - 12:00 Aqua arthritis Pool - Fabienne ✂️ \$N <input type="checkbox"/>	09:00 - 10:00 Aquafit Pool - Corinne <input type="checkbox"/>	
10:00 - 10:45 Aqua arthritis Pool - Corinne ✂️ \$N <input type="checkbox"/>		19:20 - 20:20 Aquafit Pool - Zachary <input type="checkbox"/>				
19:00 - 20:00 Aquafit Pool - Fabienne <input type="checkbox"/>						

## Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:55 ③ <input type="checkbox"/>	06:30 - 09:55 ③ <input type="checkbox"/>	06:30 - 08:55 ③ <input type="checkbox"/>	06:30 - 09:55 ③ <input type="checkbox"/>	06:30 - 09:25 ③ <input type="checkbox"/>	07:15 - 08:55 ③ <input type="checkbox"/>	08:15 - 08:55 ③ <input type="checkbox"/>
10:50 - 13:25 ③ <input type="checkbox"/>	12:00 - 13:25 ③ <input type="checkbox"/>	10:50 - 13:25 ③ <input type="checkbox"/>	12:00 - 13:25 ③ <input type="checkbox"/>	12:05 - 13:25 ③ <input type="checkbox"/>	15:45 - 16:55 ③ <input type="checkbox"/>	15:00 - 17:25 ③ <input type="checkbox"/>
20:05 - 21:25 ③ <input type="checkbox"/>	19:40 - 21:25 ③ <input type="checkbox"/>	20:25 - 21:25 ③ <input type="checkbox"/>	19:40 - 21:25 ③ <input type="checkbox"/>	20:20 - 21:25 ③ <input type="checkbox"/>		

## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 BB <input type="checkbox"/>	11:00 - 11:55 BB <input type="checkbox"/>	09:00 - 09:55 BB <input type="checkbox"/>	11:00 - 11:55 BB <input type="checkbox"/>	15:30 - 18:25 BB <input type="checkbox"/>	14:45 - 15:40 BB <input type="checkbox"/>	13:15 - 14:55 BB <input type="checkbox"/>
15:30 - 16:25 BB <input type="checkbox"/>	15:00 - 16:25 BB <input type="checkbox"/>	16:00 - 16:55 BB <input type="checkbox"/>	15:30 - 16:25 BB <input type="checkbox"/>			

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).



Aquatics - Swimming Clubs

Table with 7 columns (Monday to Sunday) and 1 row of activity details for Aquatics - Swimming Clubs, including times, club names, dates, and pool information.

Health and fitness - Sports and Recreation

Table with 7 columns (Monday to Sunday) and 3 rows of activity details for Health and fitness - Sports and Recreation, including times, activity names, and gym information.

Health and fitness - Small Group Training

Table with 7 columns (Monday to Sunday) and 2 rows of activity details for Health and fitness - Small Group Training, including times, activity names, and BB/\$ symbols.

Parent & Baby / Family Activities - Family Activities

Table with 7 columns (Monday to Sunday) and 1 row of activity details for Parent & Baby / Family Activities, including time and location.

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.



## Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>13:05 - 14:35 Soccer Plus (3-5 yrs) 9 September - 16 December Gym/Classroom - À venir/ TBA / \$ ●</p>	<p>13:05 - 14:05 Crafty Stories (3-5 yrs) 10 September - 10 December Class room - À venir/ TBA / \$ ●</p>	<p>13:05 - 14:35 Lil' Chefs (3-5 yrs) 11 September - 11 December Teen Zone - À venir/ TBA / \$ ●</p>	<p>13:05 - 14:35 Soccer Plus (3-5 yrs) 12 September - 12 December Gym/Classroom - À venir/ TBA / \$ ●</p>	<p>13:05 - 14:05 Multisports for Kids (3-5 yrs) 13 September - 13 December Gym/Outdoor - À venir/ TBA / \$ ●</p>	<p>09:00 - 10:00 Karate for Kids (6-12 yrs) Studio - Robert / \$ ●</p>	
	<p>16:45 - 17:30 Karate for Kids (6-12 yrs) Studio - Robert / \$ ●</p>		<p>17:30 - 18:30 Karate for Kids (6-12 yrs) Studio - Robert / \$ ◆</p>		<p>10:00 - 11:00 Karate for Kids (6-12 yrs) Studio - Robert / \$ ◆</p>	
	<p>17:00 - 18:00 Soccer for Kids (6-8 yrs) Gym - Fiona / \$ N □</p>					
	<p>17:30 - 18:30 Karate for Kids (6-12 yrs) Studio - Robert / \$ ◆</p>					