



Print date: 2019-08-24

Summer 2019	From 2019-06-17 to 2019-09-08
OPENING HOURS	Week: 6:00 to 22:45 Week-end : 7:00 to 19:45
HOLIDAYS	September 2, 2019: 7:00 to 19:45 October 14, 2019: 7:00 to 19:45

Group Fitness - Strength and Cardio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:45 - 09:35 Y Pump Studio 1 - Lori L. <input type="checkbox"/>	09:00 - 10:00 Interval Training Studio 1 - Cheryl <input type="checkbox"/>	09:00 - 09:55 Step Studio 1 - Patricia ◆	06:30 - 07:15 Circuit Training Studio 1 - Jodi <input type="checkbox"/>	09:00 - 09:55 Step Studio 1 - Nancy E. <input type="checkbox"/>	08:30 - 09:30 Step Studio 1 - Dagmar <input type="checkbox"/>	08:00 - 08:45 Y Pump Studio 1 - Laurie <input type="checkbox"/>
17:25 - 18:20 Circuit Training Studio 1 - Leslie-Ann <input type="checkbox"/>	12:10 - 12:55 Interval Training Studio 1 - Olena/Denis <input type="checkbox"/>	17:25 - 18:15 Total Sculpt Studio 1 - Terri <input type="checkbox"/>	09:00 - 10:00 Interval Training Studio 1 - Ema <input type="checkbox"/>	16:45 - 17:40 Y Pump Studio 1 - Lori L. <input type="checkbox"/>	09:40 - 10:55 Circuit Training Studio 1 - Leslie-Ann <input type="checkbox"/>	10:00 - 10:35 Step Studio 1 - Cheryl <input type="checkbox"/>
18:30 - 19:15 POUND® Studio 1 - Cheryl <input type="checkbox"/>	17:15 - 18:00 PILOXING SSP® Studio 1 - Ema <input type="checkbox"/>	18:20 - 19:20 Step Studio 1 - Dagmar <input type="checkbox"/>	12:10 - 12:55 Tabata 29 August - 8 September Studio 1 - Olena <input type="checkbox"/>			10:35 - 11:20 Bootcamp Studio 1 - Cheryl <input type="checkbox"/>
	18:05 - 19:05 HIIT Studio 1 - Bassel <input type="checkbox"/>		17:15 - 18:00 PILOXING SSP® Studio 1 - Ema <input type="checkbox"/>			
			18:05 - 19:05 Bootcamp Studio 1 - MJ <input type="checkbox"/>			

Group Fitness - Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:30 Cycling Studio 2 - Serge <input type="checkbox"/>	18:00 - 19:00 Cycling Studio 2 - Christopher <input type="checkbox"/>	06:30 - 07:30 Cycling Studio 2 - Pascale <input type="checkbox"/>		06:30 - 07:15 Cycling Studio 2 - Mary <input type="checkbox"/>	08:30 - 09:30 Cycling Studio 2 - Randall \ Pascale <input type="checkbox"/>	09:00 - 10:10 Cycling Studio 2 - Joe ◆
09:00 - 09:45 Cycling Studio 2 - Pascale <input type="checkbox"/>		09:00 - 09:45 Cycling Studio 2 - Susan <input type="checkbox"/>		17:45 - 18:55 Cycling Studio 2 - Joe ◆		
17:45 - 18:55 Cycling Studio 2 - Joe ◆		18:00 - 19:00 Cycling Studio 2 - Randall \ Nathalie <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.



Group Fitness - Mind and Body

Table with 7 columns (Monday to Sunday) and multiple rows of class details including time, activity name, instructor, and studio.

Group Fitness - Dance

Table with 7 columns (Monday to Sunday) and multiple rows of class details including time, activity name, instructor, and studio.

Group Fitness - Martial Arts

Table with 7 columns (Monday to Sunday) and multiple rows of class details including time, activity name, instructor, and studio.

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.



Group Fitness - Gentle Fitness

Table with 7 columns (Monday to Sunday) and 2 rows of class details including time, activity name, instructor, and location.

Aquatics - Aquafit

Table with 7 columns (Monday to Sunday) and 3 rows of class details including time, activity name, instructor, and location.

Aquatics - Lane Swim

Table with 7 columns (Monday to Sunday) and 4 rows of class details including time, lane/court number, and location.

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.



Aquatics - Open Swim

Table with 7 columns (Monday to Sunday) and 3 rows of swim sessions. Includes times, descriptions like 'Open Swim Beach Plus (0-5 yrs with parents)', dates, and icons.

Aquatics - Swimming Clubs

Table with 7 columns (Monday to Sunday) and 1 row of swimming club information. Includes times, descriptions like 'Triathlon - Swimming', dates, and icons.

Health and fitness - Sports and Recreation

Table with 7 columns (Monday to Sunday) and multiple rows of sports and recreation activities. Includes times, descriptions like 'Pickleball (18+)', 'Supervised Soccer', and icons.

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.



Health and fitness - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			08:00 - 08:45 TRX® Studio 1 - Anthony / \$ □			

Parent & Baby / Family Activities - Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					17:30 - 19:30 Family Badminton (6 yrs+ with parents) Gym 2 ② □	10:00 - 11:00 Family Badminton (6 yrs+ with parents) Gym 2 ① □

Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		17:30 - 18:30 Soccer for Kids 10 July - 28 August Gym 1 & 2 / \$ ●	18:00 - 19:00 Basketball for Kids 11 July - 29 August Gym 2 / \$ ●	17:45 - 18:45 Volleyball for Kids (6-14 yrs) 12 July - 30 August Gym 1 \$ □	09:45 - 10:30 Kidfit (6-9 yrs) 13 July - 31 August Gym 2 / \$ ●	09:00 - 10:00 Badminton for Kids (6-17 yrs) 7 July - 25 August Gym 1 ① / \$ ●
			18:45 - 19:30 Basketball for Kids 11 July - 29 August Gym 2 / \$ ●		10:30 - 11:30 Martial Arts for Kids 13 July - 31 August Gym 1 / \$ ●	
					11:30 - 12:30 Cosom Hockey for Kids 13 July - 31 August Gym 2 / \$ □	

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 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.