



Print date: 2025-04-25

Spring 2017 From 2017-03-27 to 2017-06-18

OPENING HOURS

Monday - Friday: 7 a.m. - 9 p.m.

Saturday - Sunday: 9 a.m. - 9 p.m.

Special schedule

Monday, May 19 (National Patriots Day): no Group Fitness

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:30 Cycling Studio 2 - Boyana	06:30 - 07:15 Circuit Training Studio 1 - Jodi	06:30 - 07:30 Cycling Studio 2 - Serge	06:30 - 07:15 Y Pump Studio 1 - Patrick	06:30 - 07:15 Cycling Studio 2 - Mary	08:30 - 09:30 Step Studio 1 - Dagmar	09:00 - 09:55 Zumba® Studio 1 - Preetha
08:00 - 09:00 Cycling Studio 2 - Olga	06:30 - 07:30 Yoga Studio 3 - Valérie (R)	08:15 - 09:00 Bootcamp Studio 1 - Olga	09:00 - 09:55 Interval Training Studio 1 - Ema	06:30 - 07:30 Yoga Studio 3 - Suzanne (R)	08:30 - 09:30 Cycling Studio 2 - Olga/Randall	09:00 - 10:30 Power Yoga Studio 3 - Josey/Joanna (R)
09:00 - 09:55 Step Studio 1 - Patricia	09:00 - 09:55 Total Sculpt Studio 1 - Bassel	09:00 - 10:00 Vinyasa Yoga Studio 3 - Lori (R)	09:00 - 09:45 Cycling Studio 2 - Marc	09:00 - 10:00 Y Pump Studio 1 - Tanis	08:50 - 09:50 Vinyasa Yoga Studio 3 - Vinnie (R)	09:00 - 10:10 Cycling Studio 2 - Joe
09:00 - 10:15 Yoga Studio 3 - Valérie (R)	09:00 - 09:45 Cycling Studio 2 - Neil	09:05 - 10:00 Step Studio 1 - Nancy E.	10:05 - 11:05 Zumba® Gym 2 - Lisbeth	09:00 - 09:45 Cycling Studio 3 - Lori	09:45 - 10:45 Circuit Training Studio 1 - Leslie- Ann	10:00 - 10:30 Step Studio 1 - Cheryl
10:00 - 10:55 Gentle Cardio- Toning Studio 1 - Lynn	09:00 - 09:55 Yoga Studio 3 - Joanna (R)	09:05 - 09:55 Cycling Studio 2 - Olga	10:10 - 11:10 Yoga Studio 3 - Elishia (R)	09:00 - 09:55 Pilates Studio 3 - Donna W. (R)	10:00 - 11:15 Yoga Studio 3 - Anne (R)	10:30 - 11:15 Bootcamp Studio 1 - Cheryl
10:30 - 11:30 Pilates Studio 3 - Victoria D. (R)	10:05 - 11:05 Zumba® Gym 2 - Katie	10:05 - 11:00 Gentle Cardio- Toning Studio 1 - à venir TBA		10:00 - 11:00 Vinyasa Yoga Studio 3 - Stéphanie (R)		
	10:55 - 11:55 Chair Yoga Studio 1 - Joanna	10:15 - 11:15 Yoga Studio 3 - Nancy E. (R)		10:05 - 11:00 Gentle Cardio- Toning Studio 1 - Tanis		

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | 🌿 Outdoor Classes | ✂ Registration required | 💰 Additional payment required | 🏠 Additional fee for non-members | 🏠 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.



Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 11:55 Gentle Toning Studio 1 - Lori	12:10 - 12:55 Total Sculpt Studio 1 - Lori	11:05 - 12:00 Gentle Toning Studio 1 - Lesley D.	12:10 - 12:55 Total Sculpt Studio 1 - Mikhaela	11:15 - 12:00 Stretching Studio 1 - Orly (R)	11:00 - 12:00 Zumba® Studio 1 - Eleonora	
12:00 - 13:00 Zumba® Studio 1 - Alexandra	14:00 - 15:15 Gentle Yoga Studio 1 - Sharon	12:10 - 12:55 Cycling Studio 2 - Lori	14:00 - 15:15 Gentle Yoga Studio 1 - Sharan	12:10 - 12:55 Yoga Studio 3 - Nadine (R)	11:30 - 12:30 Pilates Studio 3 - Stéphanie (R)	
12:10 - 12:55 Vinyasa Yoga Studio 3 - Crystal (R)						

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Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:15 - 18:10 Circuit Training Studio 1 - Leslie-Ann	16:05 - 17:05 Tai Chi Studio 1 - Judy / \$N	15:30 - 16:30 Tai Chi Studio 1 - Judy / \$N	17:45 - 18:45 Cycling Studio 2 - Sherezad	16:45 - 17:40 Y Pump Studio 1 - Lori L.		16:00 - 17:00 Cardio-Toning Studio 1 - Lynn
17:45 - 18:55 Pilates Studio 3 - Nancy R. (R)	17:30 - 18:30 Essentrics® Studio 3 - Lori L. (R)	17:30 - 18:15 HIIT - Toning Studio 1 - Wendy	17:55 - 18:55 Pilates Studio 3 - Stéphanie (R)	17:45 - 18:45 Zumba® Studio 1 - Patrick		
17:45 - 18:55 Cycling Studio 2 - Joe	18:00 - 19:00 Cycling Studio 2 - Serge	17:45 - 18:55 Pilates Studio 3 - Orly (R)	18:05 - 19:05 Bootcamp Studio 1 - Boyana	17:45 - 18:55 Cycling Studio 2 - Joe (R)		
18:15 - 19:15 Bootcamp Studio 1 - Veronica	18:05 - 18:55 HIIT Studio 1 - Bassel	18:00 - 19:00 Cycling Studio 2 - Randall/Mary	19:05 - 20:20 Yoga Studio 3 - Suzanne (R)			
19:05 - 20:20 Yoga Studio 3 - Elishia (R)	19:00 - 20:00 Zumba® Gym 2 - Rosario	18:20 - 19:20 Step Studio 1 - Dagmar	19:10 - 20:10 Zumba® Studio 1 - Sandra			
19:30 - 20:30 Zumba® Studio 1 - Donna M.		19:05 - 20:20 Yoga Studio 3 - Joanna (R)				
		19:30 - 20:30 Circuit Training Studio 1 - MJ				

Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:45 - 11:30 Parent & Baby Interval Training Gym 2 - Lesley D. BB / \$N	06:10 - 06:25 Meditation Studio 3 - Valérie (R)	10:45 - 11:30 Parent & Baby Interval Training Gym 2 - Adrian BB / \$N	10:55 - 11:55 Chair Qi Gong Studio 1 - Vinnie		08:30 - 10:00 Aikido (16+) Gym 1 - Marty	
	10:05 - 11:20 Kripalu Yoga Studio 3 - Debra (R)					

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Group Fitness - old - Evening

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	15:20 - 16:05 Qi Gong / Tai chi Studio 1 - Robert		19:30 - 21:00 Aikido (16+) Gym 2 - Marty			
	18:30 - 20:00 Aikido (16+) Gym 1 - Marty					
	19:00 - 20:15 Kundalini Yoga Studio 3 - Sophie (R)					

Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	19:05 - 19:50 TRX® (14+) Studio 1 - Denis / \$		09:00 - 09:45 Yoga Introduction 6 April - 8 June Studio 3 - Valérie / \$			10:45 - 11:30 Advanced Yoga Postures 30 April - 4 June Studio 3 - Josey / \$
						11:30 - 12:15 TRX® (14+) Studio 1 - Denis / \$

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 Aquafit Pool - Lesley D.	09:00 - 09:55 Aquafit Pool - Tanis	09:00 - 09:55 Aquafit Pool - Lesley M.	09:00 - 09:55 Aquafit Pool - Tanis	09:00 - 09:55 Aquafit Pool - Martine	08:00 - 08:55 Aquafit Pool - Nga	
10:00 - 10:55 Aquafit Pool - Donna W.	10:00 - 10:55 Aquafit Pool - Sandy	13:00 - 13:45 Aqua Arthritis Pool - Monique	18:00 - 18:55 Aqua Zumba Pool - Laurie / \$N	10:00 - 10:55 Aquafit Pool - Sandy		
13:00 - 13:45 Aqua Arthritis Pool - Donna L.	17:30 - 18:10 Aqua Arthritis Pool - Donna L.	17:30 - 18:25 Aquafit Pool - Lori L.		11:00 - 11:55 Aqua Parent & Baby Pool - Sandy BB / \$N		
17:35 - 18:25 Aqua Interval Pool - Jaclyne	18:15 - 19:10 Aquafit Pool - Jaclyne			13:15 - 14:00 Aqua Arthritis Pool - Helen		

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Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 08:55 ③	06:30 - 08:55 ③	06:30 - 08:55 ③	06:30 - 08:55 ③	06:30 - 08:55 ③	07:00 - 07:55 ③	07:00 - 08:55 ③
11:00 - 12:55 ③	11:00 - 15:55 ③	10:00 - 12:55 ③	10:00 - 15:55 ③	12:00 - 13:10 ③		16:00 - 16:55 ①
14:00 - 15:55 ③	16:00 - 17:25 ①	14:00 - 15:55 ③	16:00 - 17:55 ①	14:00 - 15:25 ③		
16:00 - 17:25 ①	20:30 - 21:15 ①	16:00 - 17:25 ①	20:30 - 21:25 ①			
19:30 - 20:25 ①						

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:30 - 20:25 ③			14:30 - 15:55 ③	14:30 - 15:55 ③

Aquatics - Triathlon - Swimming

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	19:15 - 20:15 Triathlon - Swimming <i>Pool</i> ③					



Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:30 - 20:00 Supervised Soccer (18+) Gym 1 & 2	11:15 - 13:15 Supervised Badminton (18+) Gym 1 & 2 ④	18:30 - 20:00 Supervised Soccer (18+) Gym 1 & 2	11:15 - 13:15 Supervised Badminton (18+) Gym 1 & 2 ④	17:30 - 18:30 Supervised Volleyball (6-17 yrs) Gym 1 /\$	14:00 - 14:50 Squash Clinic (8-11 yrs) /\$	10:00 - 11:00 Supervised Badminton (18+) Gym 1 & 2 ③
19:00 - 19:50 Squash Clinic (18+) /	13:30 - 15:30 Pickleball (18+) Gym 2 ②	20:00 - 22:30 Supervised Badminton (18+) Gym 1 & 2 ④	13:30 - 15:30 Pickleball (18+) Gym 2 ②	20:00 - 22:30 Open Basketball (18+) Gym 1 & 2	14:50 - 15:40 Squash Clinic (12-17 yrs) /\$	11:00 - 13:00 Supervised Badminton (18+) Gym 1 & 2 ④
19:50 - 20:40 Squash Clinic (18+) /	19:00 - 19:50 Squash Clinic (18+) /		18:30 - 21:00 Supervised Volleyball (18+) Gym 1 ①		17:30 - 19:30 Supervised Badminton (18+) Gym 1 ②	16:30 - 18:00 Supervised Cosom Hockey (18+) Gym 1 & 2
20:00 - 22:30 Supervised Volleyball (18+) Gym 1 ①	20:00 - 21:15 Supervised Badminton (18+) Gym 1 & 2 ④ /		21:00 - 22:30 Open Basketball (18+) Gym 1 & 2			18:00 - 19:30 Supervised Soccer (18+) Gym 1 & 2
20:00 - 22:30 Supervised Volleyball (18+) Gym 2 ①	21:15 - 22:30 Supervised Badminton (18+) Gym 1 & 2 ④					

Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:45 - 11:30 Parent & Baby Interval Training Gym 2 - Lesley D. BB / \$N		10:45 - 11:30 Parent & Baby Interval Training Gym 2 - Adrian BB / \$N		11:00 - 11:55 Aqua Parent & Baby Pool - Sandy BB / \$N	12:30 - 14:00 Family Open Gym Gym 1	10:00 - 11:00 Family Badminton Gym 2 ①
					17:30 - 19:30 Family Badminton Gym 2 ②	

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Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 17:30 Basketball for Teens Gym 1 & 2	15:30 - 19:30 TeenZone /	15:30 - 19:30 TeenZone /	16:00 - 17:30 Basketball for Teens Gym 1 & 2	15:30 - 21:00 TeenZone /	12:30 - 14:30 Basketball for Teens Gym 2	09:00 - 10:00 Badminton for Teens Gym 2 /\$
	16:00 - 18:45 Basketball for Teens Gym 2	16:00 - 17:30 Basketball for Teens Gym 2	16:30 - 19:00 Cooking workshop for teens /	18:30 - 20:00 Basketball for Teens Gym 1	14:30 - 16:30 Boxing for Teens Studio 1 - Shady /	
				19:15 - 20:15 Guitar lessons /		

Programs for children (0-12 years) - After School Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	15:30 - 19:30 Homework Help /	15:30 - 19:30 Homework Help /		17:00 - 19:00 Y-pod: After School Program (10-12 yrs) Gym 2 /\$		

Programs for children (0-12 years) - Drop-in Child Care

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	08:30 - 11:30 Drop-In Child Care (6 weeks - 8 yrs) \$		08:30 - 11:30 Drop-In Child Care (6 weeks - 8 yrs) \$	08:30 - 11:30 Drop-In Child Care (6 weeks - 8 yrs) \$		

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Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:30 Soccer for Kids (6-11 yrs) Gym 1 & 2 / \$	17:00 - 18:00 Martial Arts for Kids (6-11 yrs) Gym 1 / \$	17:30 - 18:30 Soccer for Kids (6-11 yrs) Gym 1 & 2 / \$	18:00 - 18:45 Basketball for Kids (6-11 yrs) Gym 2 / \$		09:00 - 12:00 Weekend Club (3-11 yrs)	09:00 - 10:00 Badminton for Kids (6-11 yrs) Gym 1 / \$
	18:00 - 19:00 Martial Arts for Kids (6-11 yrs) Gym 1 / \$		18:45 - 19:30 Basketball for Kids (6-11 yrs) Gym 2 / \$		10:30 - 11:30 Martial Arts for Kids (6-11 yrs) Gym 1 / \$	
					11:30 - 12:30 Martial Arts for Kids (6-11 yrs) Gym 1 / \$	
					11:30 - 12:30 Cosom Hockey for Kids (6-11 yrs) Gym 2 / \$	

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