



Print date: 2025-04-27

Spring 2020 From 2020-03-23 to 2020-06-14

OPENING HOURS	Monday - Friday: 6 a.m. - 10 p.m.
	Saturday - Sunday: 7:30 a.m. - 7 p.m.
	Special schedule
POOL CLOSURE	Monday, May 19 (National Patriots Day): no Group Fitness
	Saturday - Sunday: 6:30 p.m.

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00 STRONG Nation® Studio 1 - Amberly	06:30 - 07:30 Total Sculpt Studio 1 - Devon	08:00 - 08:50 Cycling Studio 2 - Ross	07:00 - 07:45 Cycling Studio 2 - Devon	06:30 - 07:30 Yogalates Studio 1 - Tammy	09:00 - 10:00 Pilates Studio 2 - Tammy	09:00 - 10:00 Cycling Studio 2 - Patrick (R)
08:00 - 08:50 Cycling Studio 2 - Scott	08:00 - 08:50 Cycling Studio 2 - Jacques	09:00 - 10:00 Zumba® Studio 1 - Véronique G.	08:00 - 08:50 Cycling Studio 2 - Ross	08:00 - 08:50 Cycling Studio 2 - Karen	10:05 - 11:05 Interval Training Gym - Lauren	09:00 - 10:00 Vinyasa Yoga Studio 1 - Julia/Clarissa
09:00 - 10:00 Pilates Studio 2 - Gala	08:00 - 08:55 Stretching Studio 1 - Gala	09:00 - 10:00 Total Sculpt Gym - Linda	08:00 - 08:55 Stretching Studio 1 - Tammy	09:00 - 10:00 Pilates Studio 2 - André	10:10 - 11:10 Cycling Studio 2 - Jacques (R)	10:00 - 11:00 Bootcamp Gym - Sule
09:00 - 10:00 Total Sculpt Gym - Diana	09:00 - 10:00 Yoga Studio 2 - Cary	10:00 - 10:55 Stretching Gym - Lawrence	09:00 - 10:00 Interval Training Gym - Véronique	09:00 - 10:00 Interval Training Gym - Olivia		10:05 - 11:05 Total Sculpt Studio 1 - Livia
10:00 - 11:00 Zumba® Gym - Olivia	10:00 - 11:00 Zumba® Studio 1 - Rivky	10:00 - 10:55 Chair Yoga Studio 1 - Clarissa	10:00 - 11:00 Zumba® Studio 1 - Véronique G.	10:00 - 10:55 Y Pump (16+) Studio 2 - Amberly		
10:00 - 11:00 Stretching Studio 1 - Julian L.	10:05 - 11:05 Pilates Studio 2 - André		10:00 - 11:00 Tai Chi Studio 2 - Ron	10:05 - 11:05 Chair Yoga Studio 1 - Cary		
10:00 - 11:00 Yoga Studio 2 - Anna			10:05 - 11:05 Stretching Gym - Chitra			

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 | 🏡 Activity open to City of Westmount 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
12:00 - 13:00 Vinyasa Yoga Studio 2 - Olivia	11:05 - 12:05 Tai Chi Studio 1 - Ron	11:00 - 11:55 Yoga Studio 1 - Clarissa	11:00 - 12:00 Qi Gong/Chi Kung Studio 1 - Ron	12:00 - 13:00 Total Sculpt Studio 1 - Sylvie	11:15 - 12:15 Zumba® Gym - Yvette	11:05 - 12:05 Stretching Studio 1 - Alison
12:05 - 13:00 Total Sculpt Studio 1 - Trudie	12:00 - 13:00 Yoga Studio 2 - Clarissa	12:05 - 13:05 Zumba® Studio 1 - Cynthia	12:00 - 13:15 Yoga Studio 1 - Aditi	12:00 - 13:30 Yoga Studio 2 - Cary	11:15 - 12:45 Yoga Studio 2 - Kristen	11:10 - 12:10 Y Pump (16+) Studio 2 - Kimberly
	12:05 - 13:05 Qi Gong/Chi Kung Studio 1 - Ron	12:05 - 13:00 Total Sculpt Studio 2 - Trudie	12:00 - 13:00 Y Pump (16+) Studio 2 - Lawrence			12:10 - 13:10 Zumba® Studio 1 - Maria

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:30 Cycling Studio 2 - Patrick (R)	17:00 - 18:00 Yoga Studio 1 - Chitra	17:00 - 17:45 Core Strength & Abs Studio 1 - Diana	17:00 - 17:55 Total Sculpt Studio 1 - Marie-Hélène	17:00 - 18:00 Vinyasa Yoga Studio 1 - Olivia	16:00 - 17:00 Yin Yoga Studio 1 - Dawn	16:00 - 17:30 Yoga Studio 2 - Aditi
18:00 - 19:00 Zumba® Studio 1 - Gany	17:00 - 18:00 Y Pump (16+) Studio 2 - Kimberly	18:00 - 19:00 Cycling Studio 2 - Lawrence (R)	17:00 - 17:55 Yoga Studio 2 - Corinne	18:00 - 18:45 Metafit® Studio 2 - Wilson		
18:00 - 19:00 Interval Training Gym - Kimberly	18:05 - 19:05 Zumba® Studio 2 - Cynthia	18:00 - 19:00 Zumba® Studio 1 - Gany	17:30 - 18:30 Bootcamp Gym - Amberly	18:05 - 19:05 Zumba® Studio 1 - Maria		
19:00 - 20:15 Yoga Studio 1 - Cary	18:05 - 19:00 Step Studio 1 - Diana/David	18:00 - 19:00 Bootcamp Gym - Sule	18:00 - 19:00 Pilates Studio 1 - Valérie			
19:00 - 20:00 Kickboxing (18+) Studio 2 - Eric/Guy	18:10 - 19:10 HIIT Gym - Karine	19:05 - 20:05 Vinyasa Yoga Studio 1 - Julia	18:30 - 19:30 Zumba® Gym - Cynthia			
		19:30 - 20:30 Kickboxing (18+) Studio 2 - Sule				

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 | 🏠 Activity open to City of Westmount 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 - old - Morning**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09:00 - 10:00 Power Toning <i>Gym - Beth</i>	10:05 - 11:05 HIIT Kickboxing <i>Studio 2 - Nik</i>	09:00 - 10:00 BOSU <i>Studio 1 - Diana</i>	09:00 - 10:00 Toning with Barre <i>Studio 1 - Livia</i>		
	09:00 - 10:00 Gentle Aerobics <i>Studio 1 - Lilian</i>		09:00 - 10:00 Gentle Aerobics <i>Studio 2 - Lilian</i>	10:00 - 11:00 Afro-Caribbean <i>Gym - Mélissa</i>		
	10:15 - 11:15 Total Sculpt Parent-Baby (0-12 mos with parents) <i>Gym - Beth</i> BB ✂ Ⓜ \$N					

Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	13:30 - 14:30 Gentle Pilates <i>Studio 1 - Kosta</i>				11:15 - 12:15 Toning with Barre <i>Studio 1 - Livia</i>	

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 17:45 Power Toning <i>Studio 1 - Diana</i>						

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Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	13:30 - 14:15 Tai Chi Double Fans 14 April - 16 June <i>Studio 2 - Ron</i> ✂ \$	09:00 - 09:50 TRX® (5 weeks) (16+) 1 April - 29 April <i>Studio 2 - Diana</i> ✂ \$				
	19:10 - 20:10 Boxing <i>Studio 2 - Chokri</i>	15:00 - 15:45 Restorative Yoga (10 weeks) 1 April - 3 June <i>Studio 1 - Chitra</i> ✂ \$				

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:35 - 10:25 Aquafit <i>Pool - Mary</i>	09:35 - 10:25 Aquafit <i>Pool - Teaghan</i>	09:35 - 10:25 Aquafit <i>Pool - Mary</i>	09:35 - 10:25 Aquafit <i>Pool - Gala</i>	09:35 - 10:25 Aquafit <i>Pool - Teresa</i>	08:55 - 09:45 Aqua Cardio <i>Pool - Azita</i>	
	13:15 - 14:00 Aqua Arthritis (65+) <i>Pool - Diana</i> ✂ (W) \$N		13:15 - 14:00 Aqua Arthritis (65+) <i>Pool - Josée</i> ✂ (W) \$N			

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 08:15 (5)	06:15 - 09:30 (5)	07:30 - 08:15 (5)	06:15 - 09:30 (5)	07:30 - 08:15 (5)	07:15 - 08:50 (5)	07:15 - 08:55 (5)
09:35 - 10:25 (1)	09:35 - 10:25 (1)	09:35 - 10:25 (1)	09:35 - 10:25 (1)	09:35 - 10:25 (1)	14:40 - 15:25 (2)	13:15 - 14:10 (4)
10:30 - 11:30 (3)	10:30 - 11:30 (2)	10:30 - 11:30 (3)	10:30 - 11:30 (2)	10:30 - 11:30 (3)	15:30 - 16:45 (5)	14:10 - 15:40 (2)
11:30 - 14:55 (5)	11:35 - 13:10 (5)	11:30 - 13:40 (5)	11:35 - 13:10 (5)	11:30 - 14:55 (5)		
15:00 - 16:00 (2)	14:30 - 16:10 (3)	13:45 - 16:10 (3)	14:30 - 16:10 (3)	15:00 - 16:55 (3)		
18:15 - 19:25 (5)	18:30 - 19:00 (2)	19:00 - 19:30 (5)	18:30 - 19:00 (2)	18:15 - 19:00 (2)		
19:30 - 21:45 (2)	20:15 - 21:45 (5)	19:30 - 21:45 (2)	20:15 - 21:45 (5)	20:15 - 21:45 (5)		

Intensity : Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | ✂ Registration required | \$ Additional payment required | \$N 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 | (W) Activity open to City of Westmount 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.



Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 - 11:30 ③BB	13:15 - 14:25 Open Swim (65+) Ⓜ	10:30 - 11:30 ③BB	13:15 - 14:25 Open Swim (65+) Ⓜ	10:30 - 11:30 ③BB	14:40 - 15:25 ②BB	14:10 - 15:40 ②BB
15:00 - 16:00 ②BB	14:30 - 16:10 ③BB	14:15 - 16:10 ③BB	14:30 - 16:10 ③BB	15:30 - 16:55 ③BB		14:10 - 15:40 Family Open Swim (City) (For all ages) ②BB Ⓜ

Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 - 07:30 Masters Swim Club (18+) Pool /	19:00 - 20:15 Masters Swim Club (18+) Pool /	06:15 - 07:30 Masters Swim Club (18+) Pool /	19:00 - 20:15 Masters Swim Club (18+) Pool /	06:15 - 07:30 Masters Swim Club (18+) Pool /		15:45 - 17:00 Masters Swim Club (18+) Pool /
08:15 - 09:30 Masters Swim Club (18+) Pool /		08:15 - 09:30 Masters Swim Club (18+) Pool /		08:15 - 09:30 Masters Swim Club (18+) Pool /		
17:00 - 18:15 Swim Club (6-17 yrs) Pool /\$		17:40 - 18:55 Swim Club (6-17 yrs) Pool /\$		17:00 - 18:15 Swim Club (6-17 yrs) Pool /\$		
				19:00 - 20:15 Masters Swim Club (18+) Pool /		

Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14:05 - 15:35 Pickleball (18+) Gym - Paul /	19:15 - 21:45 Supervised Volleyball (18+) Gym - Casey / (R)	14:00 - 15:30 Pickleball (18+) Gym - Marie- Josée /		12:30 - 14:30 Pickleball (18+) Gym - Marie- Josée /	12:30 - 14:45 Supervised Basketball (18+) Gym - Mouhamed / (R)	13:00 - 14:30 Supervised Badminton Gym - Robert
		19:45 - 21:45 Supervised Cosom Hockey (18+) Gym - Chris /			16:15 - 18:45 Supervised Volleyball (18+) Gym - Brent / (R)	

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Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 08:45 Open Gym 23 March - 14 June Gym	06:00 - 08:45 Open Gym 23 March - 14 June Gym	06:00 - 08:45 Open Gym 23 March - 14 June Gym	06:00 - 08:45 Open Gym 23 March - 14 June Gym	06:00 - 08:45 Open Gym 23 March - 14 June Gym	07:00 - 09:45 Open Gym 23 March - 14 June Gym	07:00 - 09:45 Open Gym 23 March - 14 June Gym
11:15 - 12:45 Open Gym 23 March - 14 June Gym	11:45 - 12:45 Open Gym 23 March - 14 June Gym	11:05 - 13:00 Open Gym 23 March - 14 June Gym	11:15 - 12:45 Open Gym 23 March - 14 June Gym	11:15 - 12:15 Open Gym 23 March - 14 June Gym	14:45 - 16:00 Open Gym 23 March - 14 June Gym	17:00 - 18:45 Open Gym 23 March - 14 June Gym
12:45 - 14:00 Open Gym 23 March - 14 June 1/2 Gym	12:45 - 14:15 Open Gym 23 March - 14 June 1/2 Gym	13:00 - 13:45 Open Gym 23 March - 14 June 1/2 Gym	13:00 - 14:00 Open Gym 23 March - 14 June 1/2 Gym	14:45 - 16:00 Open Gym 23 March - 14 June Gym		
19:15 - 21:45 Open Gym 23 March - 14 June Gym	14:15 - 15:45 Open Gym 23 March - 14 June Gym	15:45 - 17:45 Open Gym 23 March - 14 June 1/2 Gym				
		19:15 - 19:45 Open Gym 23 March - 14 June Gym				

Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:15 - 11:15 Total Sculpt Parent-Baby (0- 12 mos with parents) Gym - Beth BB ✂ Ⓜ \$N					

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Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:05 - 14:30 Soccer Plus (3-5 yrs) 30 March - 8 June 1/2 Gym - À venir/TBA \$	13:05 - 14:30 Soccer Plus (3-5 yrs) 31 March - 9 June 1/2 Gym - À venir/TBA \$	13:05 - 14:30 Gym and Swim (3-5 yrs) 1 April - 3 June 1/2 gym / Pool - À venir/TBA \$	13:05 - 14:05 Multisport 6-7 years old (3-5 yrs) 2 April - 4 June 1/2 Gym - À venir/TBA \$	13:05 - 14:30 Lil' Chefs (3-5 yrs) 3 April - 5 June Classroom 2 - À venir/TBA \$		11:15 - 12:00 Badminton for Kids (6-8 yrs) 5 April - 14 June Gym - Robert \$
16:30 - 17:15 Soccer for Kids (5-6 yrs) 30 March - 8 June Gym - À venir/TBA \$	16:15 - 17:00 Basketball for Kids (8-9 yrs) Gym - Dean \$	16:30 - 17:30 Martial Arts for Kids (6-8 yrs) 1 April - 10 June Studio 2 - Anthony \$	16:30 - 17:30 Soccer for Kids (9-12 yrs) Gym - Fiona \$	16:00 - 16:45 Jr. NBA (5-7 yrs) 3 April - 12 June Gym - Vonrick \$		12:00 - 12:45 Badminton for Kids (9-12 yrs) 5 April - 14 June Gym - Robert /\$
17:15 - 18:00 Soccer for Kids (7-8 yrs) Gym - À venir/TBA \$	17:00 - 17:45 Basketball for Kids (10-11 yrs) Gym - Dean \$		16:30 - 17:15 Zumba® Kids (8-12 yrs) 2 April - 11 June Studio 1 - Maria \$			14:30 - 15:30 Pickleball for Kids (8-11 years) Gym - Paul \$

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