



Print date: 2024-07-04

Spring 2016 From 2016-03-28 to 2016-06-19

OPENING HOURS Monday - Friday: 7:00 am - 9:00 pm
 Saturday - Sunday: 9:00 am - 9:00 pm
December 27th to 30th - Olive-Urquhart Centre OPEN - YMCA activities

CLOSED March 29: Good Friday / April 1: Easter Monday / May 20: Victoria Day

HOLIDAYS March 31: Easter (Open)

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:30 Cycling Studio 2 - Boyana	06:30 - 07:15 Y Pump Studio 1 - Patrick	06:30 - 07:30 Cycling Studio 2 - Serge	06:30 - 07:15 Interval Training Studio 1 - Marc	06:30 - 07:15 Cycling Studio 2 - Mary	08:30 - 09:30 Step Studio 1 - Dagmar	09:00 - 09:55 Zumba® Studio 1 - Preetha
08:30 - 09:30 Cycling Studio 2 - Olga	06:30 - 07:30 Yoga Studio 3 - à venir TBA (R)	09:00 - 10:00 Yoga Studio 3 - Lori (R)	09:00 - 09:45 Cycling Studio 2 - Neil	06:30 - 07:30 Yoga Studio 3 - Suzanne (R)	08:30 - 09:30 Cycling Studio 2 - Olga/Randall	09:00 - 10:10 Cycling Studio 2 - Joe
09:00 - 09:55 Step Studio 1 - Patricia	09:00 - 09:45 Cycling Studio 2 - Marc	09:05 - 09:55 Cycling Studio 2 - Olga	09:00 - 09:55 Interval Training Studio 1 - Jenn	09:00 - 10:00 Y Pump Studio 1 - Jennifer Tanis	08:50 - 09:50 Yoga Studio 3 - Vinnie (R)	09:00 - 10:30 Power Yoga (12 years +) Studio 3 - Josey/Joanna (R)
09:00 - 10:15 Yoga Studio 3 - Kathy (R)	09:00 - 09:55 Total Sculpt Studio 1 - Jenn	09:05 - 10:00 Step Studio 1 - Nancy E.	10:05 - 11:05 Zumba® Gym 2 - Lisbeth	09:00 - 09:55 Pilates Studio 3 - Donna W. (R)	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)	10:05 - 11:00 Gentle Cardio- Toning Studio 1 - Tanis	10:10 - 11:10 Yoga Studio 3 - Anne (R)	10:05 - 11:05 Cardio-Toning Studio 1 - à venir TBA	10:00 - 11:15 Yoga Studio 3 - Anne (R)	
10:30 - 11:30 Pilates Studio 3 - Victoria D. (R)	10:05 - 11:05 Zumba® Gym 2 - Katie	10:15 - 11:15 Yoga Studio 3 - Nancy E. (R)		10:05 - 11:05 Yoga Studio 3 - Stéphanie (R)	10:30 - 11:15 Cycling Studio 2 - Rita/Laura	
	10:05 - 11:20 Yoga - Meditation Studio 3 - Debra (R)					

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 - Diana	11:30 - 12:30 Chair Yoga Studio 3 - Vinnie (R)	11:05 - 12:00 Gentle Toning Studio 1 - Anne D.	11:30 - 12:30 Chair Yoga Studio 3 - Anne (R)	11:15 - 12:00 Stretching Studio 1 - Lesley M.	11:00 - 12:00 Zumba® Studio 1 - Silvia	
12:00 - 13:00 Zumba® Studio 1 - Alexandra	14:00 - 15:15 Gentle Yoga Studio 1 - Sharon (R)	14:00 - 15:00 Tai Chi Studio 1 - Judy / \$N	12:10 - 12:55 Total Sculpt Studio 1 - Lori	12:10 - 12:55 Essentrics® Studio 3 - Kadejah		
12:10 - 12:55 Yoga Studio 3 - Crystal (R)			14:00 - 15:15 Gentle Yoga Studio 1 - Sharan (R)			

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:15 - 18:10 Circuit Training Studio 1 - Leslie- Ann	15:25 - 16:25 Tai Chi Studio 1 - Judy	17:10 - 18:15 Y Pump Studio 1 - Laurie	18:00 - 18:55 Prenatal Yoga Studio 3 - Sharan (R) \$N	16:55 - 17:40 Y Pump Studio 1 - Laurie		16:00 - 17:00 Cardio-Toning Studio 1 - Lynn
17:45 - 18:55 Cycling Studio 2 - Joe	17:45 - 18:45 Cycling Studio 2 - Ashley	17:45 - 18:55 Pilates Studio 3 - Orly (R)	19:05 - 20:05 Zumba® Studio 1 - Sandra	17:45 - 18:40 Zumba® Studio 1 - Patrick		
17:45 - 18:55 Pilates Studio 3 - Orly (R)	17:55 - 18:55 Yoga Studio 3 - Suzanne (R)	18:00 - 19:00 Cycling Studio 2 - Randall/Mary	19:05 - 20:20 Yoga Studio 3 - Suzanne (R)	17:45 - 18:55 Cycling Studio 2 - Joe		
18:15 - 19:15 Bootcamp (12 years +) Studio 1 - Veronica	18:05 - 18:55 Total Sculpt Studio 1 - Deborah	18:20 - 19:20 Step Studio 1 - Dagmar				
19:05 - 20:20 Yoga Studio 3 - Elishia (R)	19:00 - 20:00 Zumba® Gym 2 - Lisbeth	19:00 - 20:15 Yoga Studio 3 - Kathy (R)				
19:30 - 20:30 Zumba® Studio 1 - Donna M.	19:00 - 20:15 Yoga Studio 3 - Sophie (R)	19:15 - 20:08 Cycling Studio 2 - Serge				

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Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:30 - 11:30 Parent-Baby Cycling Studio 2 - Christine BB / \$N	10:30 - 11:30 Parent & Baby Interval Training Gym 2 - Lesley M. BB / \$N				08:30 - 10:00 Aikido Gym 1 - Marty

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	18:30 - 20:00 Aikido Gym 1 - Marty		19:30 - 21:00 Aikido Gym 2 - Marty			

Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						11:30 - 12:30 Yoga Introduction Studio 3 - Lori L. /\$

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 Aquafit Pool - Kim	09:00 - 09:55 Aquafit Pool - Mirella	09:00 - 09:55 Aquafit Pool - Lesley M.	09:00 - 09:55 Aquafit Pool - Donna W.	09:00 - 09:55 Aquafit Pool - Jaclyne	08:00 - 08:55 Aquafit Pool - Barbara/Jaclyne/Nga	
10:00 - 10:55 Aquafit Pool - Donna W.	10:00 - 10:55 Aquafit Pool - Sandy	13:00 - 13:45 Aqua Arthritis Pool - Caroline	18:00 - 18:55 Aqua Bootcamp Pool - Katherine	10:00 - 10:55 Aquafit Pool - Sandy		
13:00 - 13:45 Aqua Arthritis Pool - Donna L.	17:30 - 18:10 Prenatal Aqua Pool - Donna L. /\$N	17:30 - 18:25 Aquafit Pool -Carolynn		11:00 - 11:55 Aqua Parent & Baby Pool - Sandy /\$N		
17:30 - 18:25 Aqua Bootcamp Pool - Jaclyne	18:15 - 19:10 Aquafit Pool - Jaclyne			13:15 - 14:00 Aqua Arthritis Pool - Jaclyne		

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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	11:00 - 12:55 ③	10:00 - 15:55 ③	12:00 - 13:10 ③		16:00 - 16:55 ①
14:00 - 15:55 ②	16:00 - 17:25 ①	14:00 - 15:55 ③	16:00 - 17:55 ①	14:00 - 15:25 ③		
14:00 - 15:55 Lane Swim (65+) ① /	19:15 - 21:25 ①	16:00 - 17:25 ①	20:30 - 21:25 ①			
16:00 - 17:25 ①		20:30 - 21:25 ①				

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:30 - 20:30 ③			14:30 - 16:00 ③	14:30 - 16:00 ③

Aquatics - Triathlon - Swimming

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	19:15 - 20:15 Triathlon - Swimming Pool ② \$N					

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Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:50 - 10:40 Squash Clinic - Women (18 years +) ✍	11:00 - 13:30 Supervised Badminton (18+) Gym 1 ②	18:30 - 20:00 Supervised Soccer Gym 1 & 2	11:00 - 13:30 Supervised Badminton (18+) Gym 1 ②		14:00 - 14:50 Squash Clinic (8- 11) ✍	10:00 - 11:00 Supervised Badminton (18+) Gym 1 & 2 ③
10:40 - 11:30 Squash Clinic - Women (18 years +) ✍	19:00 - 19:50 Squash Clinic ✍	20:00 - 22:30 Supervised Badminton (18+) Gym 1 & 2 ④	18:30 - 21:00 Supervised Volleyball Gym 1 ①		14:00 - 14:50 Squash Clinic (8- 11 years) ✍	11:00 - 13:00 Supervised Badminton (18+) Gym 1 & 2 ④
18:30 - 20:00 Supervised Soccer Gym 1 & 2	20:00 - 22:30 Supervised Badminton (18+) Gym 1 & 2 ④		21:00 - 22:30 Supervised Basketball Gym 1 & 2		14:50 - 15:40 Squash Clinic (12-17) ✍	16:30 - 18:00 Supervised Cosom Hockey Gym 1 & 2
19:00 - 19:50 Squash Clinic ✍					14:50 - 15:40 Squash Clinic ✍	18:00 - 19:30 Supervised Soccer Gym 1 & 2
20:00 - 22:30 Supervised Volleyball Gym 1 ①					17:30 - 19:30 Supervised Badminton (18+) Gym 1 ②	
20:00 - 22:30 Supervised Volleyball Gym 2 ①						

Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:30 - 11:30 Parent-Baby Cycling Studio 2 - Christine BB ✍ \$N	10:30 - 11:30 Parent & Baby Interval Training Gym 2 - Lesley M. BB ✍ \$N		11:00 - 11:55 Aqua Parent & Baby Pool - Sandy ✍ \$N	12:30 - 14:00 Family Open Gym Gym 2	10:00 - 11:00 Family Badminton Gym 1 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 2	16:00 - 18:45 Basketball for Teens Gym 2	16:00 - 17:30 Basketball for Teens Gym 2	16:00 - 17:30 Basketball for Teens Gym 1 & 2	17:30 - 18:30 Volleyball for Teens Gym 1	14:00 - 15:00 TeenZone Gym 1 / \$	09:00 - 10:00 Badminton for Teens Gym 2 / \$N
	16:00 - 17:00 TeenZone Gym 1 / \$	16:00 - 17:30 TeenZone Gym 1 / \$	20:15 - 21:15 Boxing for Teens Studio 1 - Shady	19:30 - 22:30 Teen Night Gym 1 & 2 / \$		
				20:00 - 22:30 Teen Night Studio 1 / \$		

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				17:00 - 19:00 Y-pod: After School Program Gym 2 / \$		

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:30 - 12:00 Drop-In Child Care \$	08:30 - 12:00 Drop-In Child Care \$	08:30 - 12:00 Drop-In Child Care \$	08:30 - 12:00 Drop-In Child Care \$	08:30 - 12:00 Drop-In Child Care \$	08:30 - 12:00 Drop-In Child Care \$	

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Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:30 Soccer (6-11) Gym 1 & 2 / \$N	17:00 - 18:00 Martial Arts for Kids Gym 1 / \$N	17:30 - 18:30 Soccer (6-11) Gym 1 & 2 / \$N	17:30 - 18:30 Basketball (6-11) Gym 2 / \$N		09:00 - 12:00 Weekend Club \$	09:00 - 10:00 Badminton for Kids Gym 1 / \$N
	18:00 - 19:00 Martial Arts for Kids Gym 1 / \$N		18:30 - 19:30 Basketball (6-11) Gym 2 / \$N		10:30 - 11:30 Martial Arts for Kids Gym 1 / \$N	
					11:30 - 12:30 Martial Arts for Kids Gym 1 / \$N	
					11:30 - 12:30 Cosom Hockey for Kids Gym 2 / \$N	
					14:00 - 14:50 Squash Clinic (8-11) /	

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