



Print date: 2024-12-05

## Winter 2016 From 2016-01-04 to 2016-03-27

**OPENING HOURS**

Fitness and aquatic activities are temporarily suspended.

**CLOSED**

Wednesday, December 25th / Wednesday, January 1st, 2025

### Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:45 Tai Chi Studio 4 - Heather	07:00 - 07:50 Cycling Studio 3 - Mark (R)	10:00 - 10:55 Tai Chi Studio 4 - Wendy	07:00 - 07:50 Cycling Studio 3 - Cassandra (R)	07:00 - 08:00 Yoga Studio 1 - Chitra	09:30 - 10:30 Cycling Studio 3 - Cassandra (R)	10:00 - 11:00 Step Studio 2 - Valérie
10:00 - 10:55 Gentle Toning Studio 2 - Helen BB	10:00 - 10:50 Chair Yoga Studio 2 - Réal	10:00 - 10:55 Gentle Toning Studio 2 - Kate BB	09:55 - 10:55 Gentle Cardio- Toning Studio 1 - Nancy	10:00 - 10:45 Zumba® Gold Studio 1 - Andrea	10:20 - 11:20 Zumba® Gym - Eric	10:00 - 11:00 Qi Gong/Chi Kung Studio 4 - Roger BB
10:45 - 11:30 Tai Chi - Fan Studio 4 - Heather	10:35 - 11:35 Pilates Studio 1 - Ludmila BB	10:55 - 11:20 Tai Chi - Fan Studio 4 - Wendy	10:00 - 10:50 Chair Yoga Studio 2 - Réal	10:00 - 10:45 Zumba® Gold Studio 1 - Andrea	10:30 - 11:30 Step Studio 2 - Alexandra	
				10:35 - 11:35 Pilates Studio 2 - Natalie BB	10:45 - 11:45 Cycling Studio 3 - Steve C. (R)	
				10:55 - 11:55 Tai Chi Studio 1 - George BB		

**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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).



## Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 11:55 Gentle Cardio-Toning Studio 2 - Helen	11:00 - 11:50 Yoga Studio 4 - Réal	11:05 - 12:00 Gentle Cardio-Toning Studio 2 - Mary S.	11:00 - 11:50 Gentle Yoga Studio 4 - Réal	11:05 - 11:55 Gentle Toning Gym - Kate BB	11:30 - 12:30 Pilates Gym - Joanne BB	11:00 - 12:00 Cycling Studio 3 - Cassandra (R)
11:35 - 12:35 Yoga Studio 4 - Laurie	11:00 - 11:55 Gentle Cardio-Toning Studio 2 - Helen	11:35 - 12:35 Power Yoga Studio 4 - Ying	11:05 - 11:55 Gentle Toning – Ball/BOSU Studio 2 - Nancy BB	12:00 - 12:45 Cycling Studio 3 - Lisa (R)	11:30 - 12:30 Yoga Studio 4 - Chitra	11:05 - 12:00 Total Sculpt Studio 2 - Valérie
12:05 - 12:50 Cycling Studio 3 - Helen (R)	12:00 - 13:00 Yoga Studio 4 - Réal	12:00 - 12:45 Cycling Studio 3 - Jean-Luc (R)	12:00 - 12:45 Cycling Studio 3 - Laurie-Lynn (R)	12:05 - 13:05 Yoga Studio 4 - Meher Bhagti Kaur	11:35 - 12:25 Total Sculpt Studio 2 - Alexandra	12:05 - 13:20 Yoga Studio 2 - Don
12:05 - 12:55 Total Sculpt Gym - Sophie	12:00 - 12:45 Cycling Studio 3 - Helen (R)	12:05 - 12:50 Zumba® Studio 2 - Marmar	12:00 - 13:00 African Dance Studio 2 - Claudine	12:10 - 12:55 Total Sculpt Gym - Bassel	12:35 - 13:35 Pilates Gym - Joanne BB	12:05 - 13:05 Zumba® Gym - Niki
12:10 - 12:55 Step Studio 2 - Ludivine	13:05 - 13:50 Stretching Studio 1 - Claudine BB	12:05 - 12:55 Total Sculpt Gym - Olivia	12:00 - 13:00 Yoga Studio 4 - Réal	13:10 - 14:00 Cardio-Latino Gym - Ludmila	12:35 - 14:05 Yoga Studio 2 - Olivia	13:30 - 14:45 Yoga Studio 2 - Don
12:40 - 13:40 Power Yoga Studio 4 - Laurie		12:40 - 13:40 Yoga Studio 4 - Ying	12:05 - 12:55 Bootcamp Gym - Bassel		14:00 - 15:00 Yoga Studio 4 - Chitra	
			13:05 - 13:50 Stretching Studio 2 - Claudine BB			

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## Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 17:00 Yoga Studio 1 - Marmar	16:25 - 17:25 Yoga Studio 2 - Ying	16:00 - 17:00 Yoga Studio 1 - Marmar	17:30 - 18:30 Cycling Studio 3 - Cassandra (R)	17:30 - 18:30 Yoga Studio 1 - Réal		15:30 - 17:00 Power Yoga Studio 2 - Ying
16:40 - 17:25 Total Sculpt Studio 2 - Leigh	17:30 - 18:30 Cycling Studio 3 - Allison J. (R)	16:40 - 17:25 Total Sculpt Studio 2 - Leigh	17:30 - 18:30 Yoga Studio 4 - Mary C.	17:40 - 18:40 Cycling Studio 3 - Ivica (R)		
17:30 - 18:25 Total Sculpt Gym - Olivia	17:35 - 18:35 Step Studio 2 - Diana D. (R)	17:30 - 18:30 Drum Dance Studio 4 - Rachel H.	17:35 - 18:20 Step Studio 2 - Ludivine (R)	18:00 - 19:00 Total Sculpt Studio 2 - Violeta		
17:35 - 18:20 Step Studio 2 - Ludivine	17:35 - 18:35 Yoga Studio 4 - Mary C.	17:35 - 18:20 Step Studio 2 - Leigh	17:35 - 18:30 Total Sculpt Gym - Sandra T.	18:35 - 19:55 Yoga Studio 1 - Don		
17:40 - 18:40 Cycling Studio 3 - Omar (R)	17:35 - 18:30 Total Sculpt Gym - Antonella	17:35 - 18:30 Total Sculpt Gym - Mary C.	18:35 - 19:35 Tai Chi Studio 4 - Steve Q.			
17:45 - 18:30 Interval Training Studio 4 - Myriam	18:30 - 19:30 Belly Dancing Studio 1 - Marmar	17:40 - 18:40 Cycling Studio 3 - Ben (R)	18:35 - 19:35 Zumba® Gym - Maryann			
18:30 - 19:30 Zumba® Gym - Maryann	18:35 - 19:35 Bootcamp Gym - Sam	17:45 - 18:30 Interval Training Studio 1 - Myriam	18:40 - 19:40 Cycling Studio 3 - Steve C. (R)			
18:35 - 19:35 Tai Chi Studio 4 - Steve Q.	18:45 - 20:15 Yoga Studio 2 - Ivan	18:30 - 19:30 Essentrics® Studio 2 - Nicola BB				
18:35 - 19:35 Yoga Studio 1 - Lily	18:45 - 19:40 Total Sculpt Studio 4 - Kristen	18:45 - 19:45 Pilates Studio 4 - Iain BB				

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18:50 - 19:50	19:35 - 20:35
Cycling	Pilates
<i>Studio 3 -</i>	<i>Studio 1 -</i>
<i>Cassandra</i>	<i>Joanne</i>
(R)	BB

19:40 - 20:40  
Belly Dancing  
*Studio 1 - Marie*

## Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09:45 - 10:30 Gentle TRX® <i>Studio 1 - Nancy</i> ✍️ \$					

## Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	12:00 - 13:00 Afro-Caribbean <i>Studio 1 -</i> <i>Claudine</i>					
	12:05 - 12:55 Aero-Kickboxing <i>Gym - Ludmila</i>					
	12:15 - 13:00 BOSU <i>Studio 2 - Bassel</i> (R)					

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**Group Fitness - old - Evening**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:30 - 19:15 Ball <i>Studio 2 - Olivia</i> (R)	17:15 - 18:25 Balance and functional movement <i>Studio 1 - À venir / TBA</i> / \$	18:35 - 19:35 Aero-Kickboxing <i>Gym - Eva</i>	16:40 - 17:25 BOSU <i>Studio 2 - Marmar</i> (R)	17:35 - 18:35 Step Intervals <i>Gym - Joanne</i>		
	20:20 - 21:20 Meditation <i>Studio 2 - Ivan</i>	18:35 - 19:35 « Nia » Dance <i>Studio 1 - Arlene</i>	18:30 - 19:30 Self-Defence <i>Studio 1 - Mounir</i>			
			18:45 - 19:45 "The Groove™" <i>Studio 2 - Laurie</i>			

**Fitness and Aquatic Activities - Small Group Training**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:15 - 08:00 TRX® Circuit <i>Studio 1 - Sophie</i> / (R) \$		12:10 - 12:55 TRX® <i>Studio 1 - Bassel</i> \$	12:00 - 12:45 TRX® <i>Studio 1 - Lisa</i> \$	12:00 - 12:45 TRX® <i>Studio 1 - Ludmila</i> \$		
12:10 - 12:55 Functional Training <i>Studio 1 - Bassel</i> \$						
17:15 - 18:00 TRX® <i>Studio 1 - Ludmila</i> \$						

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## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:55 - 10:45 Aquafit <i>Pool - Rosemary</i>	12:05 - 12:55 Aquafit <i>Pool - Donna</i>	09:55 - 10:45 Aquafit <i>Pool - Rosemary</i>	12:05 - 12:55 Aquafit <i>Pool - Vincent</i>	09:55 - 10:45 Aquafit <i>Pool - Meg</i>		
17:45 - 18:45 Aquafit <i>Pool - Vincent</i>		17:45 - 18:45 Aquafit <i>Pool - Valérie</i>		17:30 - 18:30 Aquafit <i>Pool - Valérie</i>		

## Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 09:30 ⑤	06:30 - 07:45 ②	06:30 - 09:30 ⑤	06:30 - 07:45 ②	06:30 - 09:30 ⑤	07:30 - 09:00 ⑤	07:30 - 09:00 ⑤
09:30 - 09:45 ③	07:45 - 09:30 ⑤	09:30 - 09:45 ③	07:45 - 09:30 ⑤	09:30 - 09:45 ③	12:15 - 13:00 ③	09:00 - 12:00 ②
09:45 - 10:45 ②	09:30 - 12:00 ③	09:45 - 10:45 ②	09:30 - 12:00 ③	09:45 - 10:45 ②	13:00 - 14:00 ③	12:00 - 13:00 ⑤
10:45 - 11:30 ③	12:00 - 13:00 ②	10:45 - 11:30 ③	12:00 - 13:00 ②	10:45 - 11:30 ⑤	14:00 - 15:45 ②	13:00 - 14:00 ③
11:30 - 14:30 ⑤	13:00 - 14:30 ⑤	11:30 - 14:30 ⑤	13:00 - 14:30 ⑤	11:30 - 14:30 ⑤	15:45 - 17:00 ⑤	14:00 - 15:30 ②
14:30 - 16:00 ⑤	14:30 - 16:00 ⑤	14:30 - 16:00 ⑤	14:30 - 16:00 ⑤	14:30 - 16:00 ⑤	17:00 - 19:00 ⑤	16:30 - 17:00 ②
16:00 - 17:45 ⑤	16:00 - 19:00 ③	16:00 - 17:45 ⑤	16:00 - 17:30 ③	16:00 - 17:30 ⑤		17:00 - 19:00 ⑤
17:45 - 20:00 ②	19:00 - 20:30 ②	17:45 - 20:00 ②	17:30 - 19:00 ⑤	17:30 - 20:30 ②		
20:00 - 20:30 ⑤	20:30 - 22:00 ⑤	20:00 - 20:30 ⑤	19:00 - 19:45 ②	20:30 - 22:00 ⑤		
20:30 - 22:00 ⑤		20:30 - 22:00 ⑤	19:45 - 20:30 ⑤			
			20:30 - 22:00 ⑤			

## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					13:00 - 14:00 ☼	13:00 - 14:00 ☼

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## Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:45 - 20:00	06:30 - 07:45	18:45 - 20:00	06:30 - 07:45			
Masters Swim Club	Masters Swim Club	Masters Swim Club	Masters Swim Club			
<i>Pool - Jorge</i>	<i>Pool - Mohamad</i>	<i>Pool - Jorge</i>	<i>Pool - Mohamad</i>			

## Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 17:15	07:00 - 08:30	13:15 - 15:25	08:05 - 09:00	17:30 - 19:45	09:45 - 11:15	09:00 - 12:00
Open Badminton (14+)	Open Badminton (14+)	Open Volleyball Gym	Open Badminton (14+)	Squash - Round Robin	Squash Clinic (12-17)	Open Volleyball Gym
<i>Gym</i>	<i>Gym</i>		<i>Gym</i>	<i>Court 2, 3 &amp; 4</i>	<i>Court 2, 3 &amp; 4</i>	
17:30 - 19:45	13:15 - 14:45	17:30 - 19:45	14:00 - 15:25	20:30 - 22:45	13:30 - 14:15	13:45 - 14:30
Squash - Round Robin	Open Basketball (18+)	Racquetball - Round Robin	Open Volleyball Gym	Open Basketball (18+)	Squash Clinic - Women	Squash Clinic
<i>Court 2, 3 &amp; 4</i>	<i>Gym</i>	<i>Court 1</i>		<i>Gym</i>	<i>Court 2 &amp; 3</i>	<i>Court 2 &amp; 3</i>
21:40 - 22:35	15:00 - 17:15	17:30 - 19:45	17:30 - 18:15		18:30 - 19:45	15:00 - 15:45
Open Volleyball Gym	Open Badminton (14+)	Squash - Round Robin	Squash Clinic		Open Badminton (14+)	Squash Clinic
	<i>Gym</i>	<i>Court 2, 3 &amp; 4</i>	<i>Court 2 &amp; 3</i>		<i>Gym</i>	<i>Court 2 &amp; 3</i>
	17:30 - 18:15	20:00 - 22:45	19:45 - 21:00			15:30 - 18:00
	Squash Clinic	Open Basketball (18+)	Open Soccer			Open Basketball (18+)
	<i>Court 2 &amp; 3</i>	<i>Gym</i>	<i>Gym</i>			<i>Gym</i>
	<i>(R) \$</i>					
	20:00 - 22:30		21:10 - 22:45			18:00 - 19:30
	Open Soccer		Open Badminton (14+)			Open Soccer
	<i>Gym</i>		<i>Gym</i>			<i>Gym</i>

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# Downtown YMCA

1440 Stanley Street, Montreal, Quebec H3A 1P7

Tel. : 514 849-8393

[ymcaquebec.org](http://ymcaquebec.org)

## Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					09:00 - 10:00 Family Badminton Gym	10:00 - 11:00 Family Yoga <i>Studio 1 - Sarah</i> BB
					09:00 - 10:00 Family Karate <i>Studio 2 - Jocelyn</i>	

## Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		15:30 - 17:20 TeenZone Gym	15:30 - 17:20 TeenZone Gym	15:30 - 17:15 TeenZone Gym	13:45 - 16:00 TeenZone Gym	13:15 - 15:30 TeenZone Gym
				18:45 - 20:20 TeenZone Gym		

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