

Print date: 2024-09-27

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

**OPENING HOURS**

Monday - Friday: 6 a.m. - 9:30 p.m.

Saturday - Sunday: 7:30 a.m. - 6 p.m.

**HOLIDAYS**

September 2: No group classes and aquafit courses / October 14: No group classes and aquafit courses

### Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:55 Pilates – Ball 2C - Nathalie	08:30 - 09:25 Yoga 2B - Jacky	09:30 - 10:25 Pilates 2B - Sara	08:30 - 09:25 Yoga 2B - Jacky	10:00 - 10:25 Cardio-Dance 2C - Nathalie	10:00 - 10:55 Total Sculpt 2C - Micheline	10:00 - 10:45 Step 2C - Marie-Ève P.
10:00 - 10:55 Tai Chi 2B - Lori	09:30 - 10:15 Cycling 2A - Michel (R)	10:00 - 10:55 Gentle Fitness 2C - Alexandre	09:30 - 10:15 Cycling 2A - Michel (R)	10:00 - 10:55 Qi Gong/Chi Kung 2B - Line	10:30 - 11:25 Tai Chi 2B - Josée	10:50 - 11:35 Total Sculpt 2C - Marie-Ève P.
	10:15 - 11:10 Total Sculpt 2C - Christiane	10:45 - 11:40 Pilates 2B - Sara	10:30 - 11:25 Total Sculpt 2C - Christiane	10:25 - 10:55 Pilates 2C - Nathalie		

**Intensity :** Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✍️ Registration required | 💰 Additional payment required | \$N 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 Pilates 2C - Nathalie (R)	12:30 - 13:25 Pilates 2B - Nathalie	11:30 - 12:15 Cycling 2A - Christiane (R)	12:30 - 13:25 Pilates 2B - Sasha	11:00 - 11:55 Pilates 2C - Nathalie (R)	11:00 - 11:45 Cycling 2A - Omar (R)	11:00 - 11:45 Cycling 2A - Lucie (R)
12:00 - 12:55 Total Sculpt 2C - Micheline		12:00 - 12:55 Zumba® 2C - Émilie	14:00 - 14:55 Yoga 2B - Rachel		11:00 - 11:55 Zumba® 2C - Micheline	12:00 - 13:25 Yoga 2B - Christiane (R)
12:10 - 13:25 Gentle Yoga 2B - Mara					12:00 - 12:55 Bootcamp Gym - Omar	13:00 - 13:55 Zumba® 2C - Mirna
13:30 - 14:25 Yoga 2B - Mara					12:00 - 12:55 Yoga 2B - Laurel (R)	13:30 - 14:25 Pilates 2B - André/Violaine
					12:00 - 13:15 Kickboxing 2C - El Alla	
					13:00 - 14:25 Yoga 2B - Laurel (R)	

## Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:25 Yoga 2B - Shirley (R)	17:30 - 18:25 Zumba® 2C - Rivky	17:00 - 17:55 Pilates 2B - Violaine	17:30 - 18:25 Y Pump 2C - Omar	17:30 - 18:15 Cycling 2A - Renée (R)	16:45 - 18:00 Zumba® 2C - Geneviève	
17:30 - 18:25 Total Sculpt 2C - Mélonne	17:30 - 18:25 Yogalates 2B - Violaine	17:30 - 18:25 Total Sculpt 2C - Micheline	17:30 - 18:25 Yogalates 2B - André	17:30 - 18:25 Zumba® 2C - Micheline		
18:30 - 19:25 Cycling 2A - Jean Luke (R)	18:00 - 18:55 Bootcamp Gym - Omar	18:00 - 18:55 Yoga 2B - Mara (R)	18:30 - 19:15 Cycling 2A - Clément (R)	18:00 - 19:25 Yoga 2B - Mara (R)		
18:30 - 19:25 Step 2C - À venir/TBA	18:30 - 19:15 Cycling 2A - Lucie (R)	18:30 - 19:15 Cycling 2A - Michel (R)	18:30 - 19:25 Hip-Hop 2B - Sasha	19:00 - 20:25 Capoeira 2C - Colette		
19:00 - 20:25 Capoeira Gym - Colette	18:30 - 19:25 Tai Chi 2B - Josée	18:30 - 19:25 Zumba® 2C - Ginett	19:00 - 19:55 Bootcamp Gym - Sule			
19:30 - 20:25 Yoga 2B - Jacky (R)	18:30 - 19:25 Y Pump 2C - Mélonne	19:00 - 20:15 Gentle Yoga 2B - Mara				
	19:30 - 20:25 Cycling 2A - Saminda (R)					
	19:30 - 20:25 Kickboxing 2C - El Alla					

## Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			09:30 - 11:00 Nordic Walking Parc du Mont-Royal - Marie-Ève P. 			

**Intensity :** Low  | Moderate  | High  |  Outdoor Classes |  Registration required | \$ Additional payment required | \$N 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 - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			12:00 - 12:45 Step Intervals 2C - Marie-France			

## Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				16:30 - 17:55 Meditation 2B - Dodik		
				18:30 - 19:45 Triathlon - Cycling 2A - Jonathan (R)		

## Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 08:15 TRX® Circuit 2C - Alexandre /\$	07:00 - 08:00 Triathlon - Running Outdoor - Ronald	07:30 - 08:15 TRX® Circuit 2C - Alexandre /\$		12:00 - 12:45 TRX® Circuit 2C - Bénédicte /\$		
	12:00 - 12:45 Functional Training 2C - Alexandre /\$					

## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 Aquafit Pool - Imen (R)	09:00 - 09:55 Aquafit Pool - Imen (R)	09:00 - 09:55 Aquafit Pool - Imen (R)	09:00 - 09:55 Aquafit Pool - Valérie (R)	09:00 - 09:55 Aquafit Pool - Fanny (R)	12:00 - 12:55 Aquafit Pool - Valérie (R)	12:00 - 12:55 Aquafit Pool - Johanie (R)
19:00 - 19:55 Aquafit Pool - Paola (R)		19:00 - 19:55 Aquafit Pool - Veronica (R)		10:00 - 10:45 Aqua Parent & Baby Pool - À venir/TBA ✍		

## Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:55 ④	07:00 - 08:55 ④	07:00 - 08:55 ④	07:00 - 08:55 ④	08:00 - 08:55 ④	13:00 - 13:55 ④	13:00 - 13:55 ④
11:00 - 12:55 ④	11:00 - 12:55 ④	11:00 - 12:55 ④	11:00 - 12:55 ④	11:00 - 12:55 ④		17:00 - 17:55 ④
21:00 - 21:55 ④	21:00 - 21:55 ④	20:00 - 20:55 ④	21:00 - 21:55 ④	20:00 - 20:55 ④		
		21:00 - 21:55 ④		21:00 - 21:55 ④		

## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 16:25 ②	15:00 - 16:25 ②	15:00 - 16:25 ②	15:00 - 16:25 ②	15:00 - 16:25 ①	15:30 - 16:55 ①	15:30 - 16:55 ①

## Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:30 - 19:00 Swim Club Pool ✍\$	16:30 - 20:00 Swim Club Pool ✍\$	16:30 - 19:00 Swim Club Pool ✍\$	16:30 - 20:00 Swim Club Pool ✍\$			
20:00 - 21:00 Swim Training for Teens Pool ✍\$						

**Intensity :** Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | ✍ Registration required | \$ Additional payment required | \$N 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).

## Aquatics - Triathlon - Swimming

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20:00 - 20:55 Triathlon - Swimming <i>Pool - Oliver</i>			07:00 - 07:55 Triathlon - Swimming <i>Pool - Oliver</i>		18:00 - 18:55 Triathlon - Swimming <i>Pool</i>

## Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20:30 - 22:30 Open Basketball (18+) Gym			17:30 - 18:45 Open Soccer Gym		17:15 - 19:15 Open Basketball (18+) Gym	

## Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:55 Open Gym Gym	07:00 - 08:55 Open Gym Gym	07:00 - 08:55 Open Gym Gym	07:00 - 08:55 Open Gym Gym	07:00 - 08:55 Open Gym Gym	08:00 - 08:55 Open Gym Gym	08:00 - 10:55 Open Gym Gym

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				10:00 - 10:45 Aqua Parent & Baby <i>Pool - À venir/TBA</i>		11:00 - 11:55 Family Yoga <i>2B - Andréane</i>

## Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:15 - 17:25 Hip-Hop for Teens 2C - Jordan	16:15 - 17:25 Boxing for Teens 2C - Mathieu		16:15 - 17:25 Open Soccer for Teens Youth Zone	16:30 - 18:25 Open Soccer for Teens Youth Zone - Ahmad		
20:00 - 21:00 Swim Training for Teens Pool / \$				18:30 - 20:25 Basketball for Teens Youth Zone - Anthony /		

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 13:00 Drop-In Child Care 3A-3B / \$	09:00 - 13:00 Drop-In Child Care 3A-3B / \$	09:00 - 13:00 Drop-In Child Care 3A-3B / \$	09:00 - 13:00 Drop-In Child Care 3A-3B / \$	09:00 - 17:00 Drop-In Child Care 3A-3B / \$	09:30 - 12:30 Drop-In Child Care 3A-3B / \$	
		17:30 - 19:30 Drop-In Child Care 3A-3B / \$				

## Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 11:00 Kindergym Gym / \$	09:30 - 11:30 Lil' Buds 2B/Gym / \$	09:30 - 10:30 Kindergym Gym / \$	09:30 - 11:30 Lil' Buds 2B/Gym / \$	10:00 - 11:00 Kindergym Gym / \$	09:00 - 12:00 Weekend Club 3D/Gym - Christopher / \$	11:00 - 11:55 Karate for Kids Gym - Andrei / \$ \$N
16:30 - 18:00 Parkour Youth Zone - À venir/TBA	16:30 - 18:00 Soccer for Kids 3D/Gym / \$	10:30 - 11:30 Music & Movement 3D / \$				
18:00 - 18:55 Cosom Hockey for Kids Gym - Laurent / \$		16:30 - 17:45 Parkour Youth Zone - Mathieu				

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