

Print date: 2025-04-17

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

Monday - Friday: 6 a.m. - 10 p.m.

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

OPENING HOURS

Special schedule

Sunday, April 20 (Easter Sunday): no Group Fitness

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

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.


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.

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.

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 | | | | |

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.