



Print date: 2025-04-03

Spring 2017 From 2017-03-27 to 2017-06-18

OPENING HOURS Fitness and aquatic activities are temporarily suspended.

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 07:50 Cycling Studio 3 - Shere (R)	06:45 - 07:30 HIIT Studio 1 - Nikita	07:00 - 07:50 Cycling Studio 3 - Vicky (R)	06:45 - 07:30 HIIT Studio 1 - Nikita	07:00 - 08:00 Yoga Studio 1 - Chitra	10:20 - 11:20 Zumba® (5+) Gym - Olivia	10:00 - 11:00 Qi Gong/Chi Kung Studio 4 - George
10:00 - 10:55 Tai Chi Studio 4 - Wendy	10:00 - 10:50 Chair Yoga Studio 2 - Chitra	07:00 - 07:50 Zumba® Studio 1 - Liliana	10:00 - 10:50 Chair Yoga Studio 2 - Réal	07:00 - 07:50 Cycling Studio 3 - Vicky (R)	10:30 - 11:15 Step Studio 2 - Bassel	10:00 - 11:00 Cycling Studio 3 - Valérie (R)
10:00 - 10:55 Gentle Toning Studio 2 - Helen	10:55 - 11:50 Gentle Cardio-Toning Gym - Helen	10:00 - 10:55 Tai Chi Studio 4 - Wendy		10:00 - 10:50 Zumba® Gold (65+) Studio 2 - Andrea B.	10:45 - 11:45 Cycling Studio 3 - Steve C. (R)	
		10:00 - 10:50 Gentle Toning Studio 2 - Olena		10:55 - 11:55 Tai Chi Studio 1 - George		

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 - 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 Yoga Studio 4 - Andrea S.	11:00 - 11:50 Yoga Studio 4 - Michelle	12:00 - 13:00 Power Yoga Studio 4 - Ying	11:00 - 11:50 Gentle Cardio- Toning Studio 2 - Mary S.	11:00 - 12:00 Pilates Studio 2 - Natalie	11:25 - 12:10 Total Sculpt Studio 2 - Bassel	11:05 - 12:05 Yoga Studio 1 - Don
12:00 - 12:45 Cycling Studio 3 - Louise M. (R)	12:00 - 12:45 Cycling Studio 3 - Helen (R)	12:00 - 12:45 Cycling Studio 3 - Helen (R)	11:00 - 11:50 Gentle Yoga Studio 4 - Réal	11:00 - 11:50 Gentle Toning Gym - Line	11:30 - 12:30 Yoga Studio 4 - Chitra	11:10 - 12:05 Total Sculpt Studio 2 - Valérie
12:00 - 12:50 Zumba® Studio 2 - Marmar	12:00 - 13:00 Yoga Studio 4 - Olivia	12:00 - 12:50 Zumba® Studio 2 - Marmar	12:00 - 13:00 African Dance Studio 2 - Claudine	12:00 - 12:45 Cycling Studio 3 - Jean- Luc (R)	12:15 - 13:15 Bootcamp Gym - Silvia	12:10 - 13:10 Zumba® (5+) Gym - Gabby
12:05 - 12:55 HIIT - Toning Gym - Olivia	13:05 - 14:05 Pilates Studio 2 - Natalie	12:05 - 12:55 Total Sculpt Gym - Andrea B.	12:00 - 13:00 Vinyasa Yoga Studio 4 - Olivia	12:10 - 12:55 HIIT - Toning Gym - Sara	12:25 - 13:25 Pilates Studio 2 - Joanne	12:15 - 13:30 Yoga Studio 2 - Don
	13:05 - 14:05 Stretching Studio 1 - Claudine		12:00 - 12:45 Cycling Studio 3 - Mathilde (R)		13:00 - 14:00 Yoga Studio 4 - Chitra	
			12:05 - 12:55 Bootcamp Gym - Bassel		13:35 - 14:35 Pilates Studio 2 - Joanne	
			13:05 - 14:05 Stretching Studio 2 - Claudine			

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 - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:40 - 17:25 Total Sculpt <i>Studio 2 - Leigh</i>	16:25 - 17:25 Vinyasa Yoga <i>Studio 2 - Olivia</i>	16:40 - 17:25 Total Sculpt <i>Studio 2 - Leigh</i>	16:25 - 17:25 Yoga <i>Studio 2 - Valérie</i>	17:30 - 18:30 Interval Training <i>Studio 2 - Joanne</i>		
17:30 - 18:30 Yoga <i>Studio 4 - Marwa</i>	17:30 - 18:25 Total Sculpt <i>Gym - Antonella</i>	17:30 - 18:30 Zumba® <i>Gym - Linda</i>	17:30 - 18:30 Yoga <i>Studio 4 - Mary C.</i>	17:30 - 18:30 Yoga <i>Studio 4 - Réal</i>		
17:30 - 18:15 HIIT <i>Studio 1 - Myriam</i>	17:30 - 18:30 Cycling <i>Studio 3 - Allison (R)</i>	17:35 - 18:25 Interval Training <i>Studio 2 - Mary C.</i>	17:30 - 18:30 Cycling <i>Studio 3 - Steve C. (R)</i>	17:30 - 18:30 Zumba® <i>Gym - Stella</i>		
17:30 - 18:25 Total Sculpt <i>Gym - Olivia</i>	17:35 - 18:35 Yoga <i>Studio 2 - Mary C.</i>	17:40 - 18:40 Cycling <i>Studio 3 - Ben (R)</i>	17:35 - 18:25 Step <i>Studio 2 - Ludivine (R)</i>	17:40 - 18:40 Cycling <i>Studio 3 - Shere (R)</i>		
17:35 - 18:20 Step <i>Studio 2 - Ludivine/Pak-Kei (R)</i>	18:40 - 19:35 Circuit Training <i>Gym - Kristen</i>	18:30 - 19:15 Core Strength & Abs <i>Studio 1 - Charles</i>	18:30 - 19:30 Zumba® <i>Gym - Patrick</i>	18:35 - 19:45 Yoga <i>Studio 4 - Don</i>		
17:40 - 18:40 Cycling <i>Studio 3 - Omar (R)</i>	18:45 - 20:15 Yoga – Meditation <i>Studio 4 - Ivan</i>	18:35 - 19:35 Essentrics® <i>Studio 2 - Vaiana</i>		18:45 - 19:30 Ballroom <i>Studio 2 - Stella & René</i>		
18:35 - 19:25 HIIT - Toning <i>Studio 2 - Sandy</i>	18:45 - 19:45 Belly Dancing <i>Studio 2 - Marmar</i>	18:40 - 19:40 Bootcamp <i>Gym - Sam</i>				
18:35 - 19:35 Tai Chi <i>Studio 1 - Steve Q.</i>	19:35 - 20:35 Pilates <i>Studio 1 - Joanne</i>					
18:40 - 19:40 Yoga <i>Studio 4 - Marwa</i>						
19:40 - 20:40 Belly Dancing <i>Studio 1 - Marie</i>						

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
11:00 - 11:50 Cardio-graphy <i>Studio 2 - Helen</i>	12:00 - 13:00 "Nia/The Groove™" <i>Studio 2 - Felicia</i>	11:00 - 11:50 Cardio-graphy <i>Studio 2 - Mary S.</i>		12:00 - 13:00 Kundalini Yoga <i>Studio 4 - Louise D.</i>		
	12:15 - 13:00 BOSU <i>Gym - Bassel (R)</i>			12:10 - 13:00 Afro-Caribbean <i>Studio 2 - Méryse</i>		
				13:10 - 13:50 Meditation <i>Studio 4 - Louise D.</i>		

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19:35 - 21:35 Karate <i>Studio 2 - Sensei Debeur</i>	17:15 - 18:15 Balance and functional movement <i>Studio 1 /\$</i>	17:30 - 18:30 Yoga for performance <i>Studio 4 - Jason</i>	17:30 - 18:30 Aero-Kickboxing <i>Studio 1 - Eva</i>			
	18:20 - 19:25 Tango <i>Studio 1 - Wolf /</i>	18:40 - 19:40 "The Groove™" <i>Studio 4 - Sandra</i>	17:35 - 18:25 BOSU <i>Gym - Olivia (R)</i>			
			18:35 - 19:35 Self-Defence <i>Studio 1 - Mounir</i>			
			19:35 - 21:35 Karate <i>Studio 1, 2 - Sensei Debeur</i>			

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Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:10 - 12:55 TRX® <i>Studio 1 - Bassel</i> / \$		12:10 - 12:55 TRX® <i>Studio 1 - Bassel</i> / \$	12:00 - 12:45 Metabolic Training <i>Studio 1 - Lisa</i> / \$	12:00 - 12:45 TRX® Circuit <i>Studio 1 - Ludmila</i> / \$		
12:10 - 12:55 Functional Training <i>Studio 1 - Bassel</i> / \$		12:10 - 12:55 TRX® <i>Studio 1 - Bassel</i> / \$				

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 - Monique</i>	09:55 - 10:45 Aquafit <i>Pool - Rosemary</i>	12:05 - 12:55 Aquafit <i>Pool - À venir / TBA</i>	09:55 - 10:45 Aquafit <i>Pool - Meg</i>		
17:45 - 18:45 Aquafit <i>Pool - Monique</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 - 09:55 ④	07:45 - 09:30 ⑤	09:30 - 09:55 ④	07:45 - 09:30 ⑤	09:30 - 09:55 ③	12:15 - 14:00 ③	09:00 - 12:00 ②
09:55 - 10:45 ②	09:30 - 11:00 ⑤	09:55 - 10:45 ②	09:30 - 12:05 ④	09:55 - 10:45 ②	14:00 - 16:00 ②	12:00 - 13:00 ⑤
10:45 - 11:30 ⑤	11:00 - 12:05 ③	10:45 - 11:30 ③	12:05 - 12:55 ②	10:45 - 14:30 ⑤	16:00 - 16:30 ⑤	13:00 - 14:00 ③
11:30 - 14:30 ⑤	12:05 - 12:55 ②	11:30 - 14:30 ⑤	12:55 - 14:30 ⑤	14:30 - 16:00 ⑤ ☼	16:30 - 18:30 ⑤ ☼	14:00 - 16:30 ②
14:30 - 16:00 ⑤ ☼	12:55 - 14:30 ⑤	14:30 - 16:00 ⑤ ☼	14:30 - 16:00 ⑤ ☼	16:00 - 17:30 ⑤		16:30 - 18:30 ⑤ ☼
16:00 - 17:45 ⑤	14:30 - 16:00 ⑤ ☼	16:00 - 17:45 ⑤	16:00 - 18:30 ③	17:30 - 20:30 ②		
17:45 - 20:00 ②	16:00 - 18:30 ③	17:45 - 20:00 ②	18:30 - 20:00 ②	20:30 - 21:30 ⑤ ☼		
20:00 - 21:30 ⑤ ☼	18:30 - 20:00 ②	20:00 - 21:30 ⑤ ☼	20:00 - 21:30 ⑤ ☼			
	20:00 - 21:30 ⑤ ☼					

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.



Downtown YMCA

1440 Stanley Street, Montreal, Quebec H3A 1P7

Tel. : 514 849-8393

ymcaquebec.org

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 21:30 Family Open Swim (0-5 years with parents)	06:30 - 21:00 Family Open Swim (0-5 years with parents)	06:30 - 21:30 Family Open Swim (0-5 years with parents)	06:30 - 21:30 Family Open Swim (0-5 years with parents)	06:30 - 21:30 Family Open Swim (0-5 years with parents)	07:30 - 09:00 Family Open Swim (0-5 years with parents)	07:30 - 09:00 Family Open Swim (0-5 years with parents)
					12:15 - 18:30 Family Open Swim (0-5 years with parents)	13:00 - 14:00 ③ Ⓢ
					13:00 - 14:00 ③ Ⓢ	

Aquatics - Swimming Clubs

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

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Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:15 - 17:00 Open Badminton (14+) Gym	07:00 - 08:30 Open Badminton (14+) Gym	13:15 - 15:15 Open Volleyball (16+) Gym	08:00 - 09:00 Open Badminton (14+) Gym	17:30 - 19:45 Squash - Round Robin Court 2, 3 & 4 - Patrick/J.M.	09:45 - 10:30 Squash Clinic (8-12 years) 8 April - 17 June Court 2, 3 & 4 - Benoit	08:00 - 10:55 Supervised Volleyball (16+) Gym - Saeid
			17:30 - 18:15 Squash Clinic (18+) 6 April - 22 June Court 2 & 3 - Roberto & Anthony	20:30 - 22:45 Supervised Basketball (18+) Gym - Christopher	10:30 - 11:15 Squash Clinic (13-17 years) 8 April - 17 June Court 2, 3 & 4 - Benoit	09:00 - 11:55 Supervised Volleyball (16+) Gym - À venir / TBA
20:00 - 22:30 Supervised Volleyball (16+) Gym - David	17:30 - 18:15 Squash Clinic (18+) 4 April - 20 June Court 2 & 3 - Giovanni	20:00 - 22:45 Supervised Basketball (18+) Gym - Christopher	19:00 - 19:45 Squash Clinic (18+) 6 April - 22 June Court 2 & 3 - Fernando		13:45 - 14:30 Squash Clinic - Women (18+) 22 April - 17 June Court 2 & 3 - Alix	11:00 - 11:55 Supervised Volleyball (16+) Gym - Saeid
	20:00 - 22:30 Supervised Soccer (18+) Gym - Guy		19:45 - 21:00 Supervised Soccer (18+) Gym - Régis		16:00 - 18:30 Supervised Basketball (18+) Gym - Selih	13:45 - 14:30 Squash Clinic (18+) 23 April - 18 June Court 2 & 3 - Taylor
			21:10 - 22:30 Supervised Badminton (18+) Gym - Reza		18:30 - 19:30 Open Badminton (14+) Gym	15:30 - 18:00 Supervised Basketball (18+) Gym - Selih
						18:00 - 19:30 Supervised Soccer (18+) Gym - Rémi

Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					08:45 - 09:45 Family Badminton (6-11 years with parents) Gym	

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Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					09:00 - 10:00 Karate for Kids (6-11 years) <i>Studio 2 - Sensei Debeur</i>	

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