

Print date: 2024-10-05

# Summer 2018

From 2018-06-18 to 2018-09-09

**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
09:30 - 10:55 Tai Chi 2B/Outdoor - Van-Tuan ⚙️	08:30 - 09:25 Power Yoga 2B - Christiane	09:30 - 10:25 Pilates – Ball 2B - Sara (R)	08:30 - 09:25 Vinyasa Yoga 2B - Christiane (R)	09:00 - 09:45 Total Sculpt 2C - Mary	10:00 - 10:55 Total Sculpt 2C - Micheline	10:00 - 10:45 Step 2C - Gala
10:00 - 10:55 Pilates – Ball 2C - Nathalie	10:20 - 11:15 Total Sculpt 2C - Christiane	10:00 - 10:55 Gentle Fitness 2C - Alexandre	10:20 - 11:15 Total Sculpt 2C - Christiane	10:00 - 10:55 Cardio-Dance- Pilates 2C - Nathalie	10:30 - 11:45 Tai Chi 2B/Outdoor - Josée ⚙️	10:50 - 11:35 Total Sculpt 2C - Gala
				10:00 - 10:55 Qi Gong/Chi Kung 2B/Outdoor - Josée ⚙️		

**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 (R)	12:00 - 12:45 Cycling 2A - Christiane (R)	12:30 - 13:25 Pilates 2B - Violaine	11:00 - 11:55 Pilates 2C - Nathalie (R)	11:00 - 11:55 Zumba® 2C - Micheline	12:00 - 13:25 Vinyasa Yoga 2B - Christiane/Jacqueline B. (R)
12:00 - 12:55 Total Sculpt 2C - Micheline BB			14:00 - 14:55 Chair Yoga 2B - Violaine		11:00 - 11:55 Cycling 2A - Mathilde (R)	13:30 - 14:25 Pilates 2C - André B./Violaine
12:10 - 13:25 Gentle Yoga 2B - Mara (R)					12:00 - 12:55 Bootcamp Gym/Outdoor - Billie ⚙️	
13:30 - 14:25 Yoga 2B - Mara (R)					12:00 - 13:25 Yoga 2B - Jacky/Malika (R)	
					12:00 - 13:15 Kickboxing 2C/Outdoor - El Alla ⚙️	

## Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:15 Interval Training 2C - Brigitte	17:30 - 18:25 Zumba® 2C - Rivky	17:30 - 18:25 Total Sculpt 2C - Micheline	17:30 - 18:25 Total Sculpt 2C - Marie-Eve	17:30 - 18:25 Zumba® 2C - Micheline		
17:30 - 18:25 Yoga 2B - Jaqueline B. (R)	18:00 - 18:55 Bootcamp Gym/Outdoor - Annie ⚙️	18:00 - 18:55 Yoga 2B - Mara (R)	17:30 - 18:25 Pilates 2B - André	18:00 - 19:25 Yoga 2B - Mara (R)		
18:30 - 19:25 HIIT Cycling 2A - Brigitte (R)	18:30 - 19:25 Y Pump 2C - Rivky	18:30 - 19:25 Zumba® 2C - Mirna	18:30 - 19:15 Y Pump 2C - Estelle	19:00 - 20:25 Capoeira 2C - Colette		
18:30 - 19:25 Zumba® 2C - Stéphanie	18:30 - 19:25 Pilates 2B - Sébastien	19:00 - 20:15 Gentle Yoga 2B - Mara (R)	19:00 - 19:55 Bootcamp Gym/Outdoor - Marie-Eve ⚙️			
19:00 - 20:25 Capoeira Gym - Colette	19:30 - 20:25 Kickboxing 2C - El Alla					
19:30 - 20:25 Yoga 2B - Jacky (R)						

## Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09:30 - 10:15 Interval Cycling 2A - Michel (R)		09:30 - 10:15 Interval Cycling 2A - Michel (R)			

## Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:30 - 19:15 Interval Cycling (12 yrs+ and 8 yrs+ (with parents)) 2A - Michel (R)	18:30 - 19:25 Cycle 'n Sculpt 2A - Brigitte (R)			

**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).

## Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	07:00 - 08:00 Triathlon - Running <i>Outdoor - Fred</i> ⚙️		18:30 - 19:30 Triathlon - Running <i>Outdoor - Fred</i> ⚙️			

## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 Aquafit <i>Pool - Gui</i> (R)		09:00 - 09:55 Aqua Cardio <i>Pool - Dylan</i> (R)	10:00 - 10:55 Aqua Interval <i>Pool - Dylan</i> (R)	09:00 - 09:55 Aquafit <i>Pool - Dylan</i> (R)	12:00 - 12:55 Aquafit <i>Pool - Valérie</i> (R)	12:00 - 12:55 Aquafit <i>Pool - Ivanna</i> (R)
18:30 - 19:15 Aquafit <i>Pool - Caroline</i> (R)		18:30 - 19:15 Aquafit <i>Pool - Valérie</i> (R)				

## Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:55 ④ ⚙️	08:30 - 09:55 ④	07:00 - 08:55 ④ ⚙️	07:00 - 08:55 ④ ⚙️	08:00 - 08:55 ④ ⚙️	13:00 - 14:25 ④ ⚙️	13:00 - 14:25 ④ ⚙️
11:00 - 12:25 ④ ⚙️	11:00 - 12:55 ④ ⚙️	11:00 - 12:25 ④ ⚙️	11:00 - 12:55 ④ ⚙️	11:00 - 12:55 ④ ⚙️		17:00 - 17:55 ②
15:00 - 15:55 ④ ⚙️	21:00 - 21:55 ④ ⚙️	15:00 - 15:55 ④ ⚙️				
19:30 - 20:30 ④		19:30 - 20:30 ④				
20:30 - 21:55 ④ ⚙️		20:30 - 21:55 ④ ⚙️				

## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	15:00 - 15:55 ② ⚙️					14:30 - 16:55 ① ⚙️

## Aquatics - Triathlon - Swimming

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	19:30 - 20:55 Triathlon - Swimming <i>Pool - Oliver</i> ④			07:00 - 07:55 Triathlon - Swimming <i>Pool - Oliver</i> ④		17:00 - 17:55 Triathlon - Swimming <i>Pool - Libre</i> ②

## Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20:30 - 22:30 Supervised Basketball (18+) 18 June - 9 September <i>Gym - Éric/David</i> \$N					17:15 - 19:15 Supervised Basketball (18+) 18 June - 9 September <i>Gym - Éric/David</i> \$N	

## Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				18:30 - 20:25 Basketball for Teens <i>Gym - Anthony</i>		

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		16:15 - 17:25 Multisport 6-7 years old <i>Gym - Dice/Charlotte</i>				