

Print date: 2024-11-23

Fall 2018

From 2018-09-10 to 2018-12-23

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 Cardio-Toning 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	10:00 - 10:45 Cycling 10 November - 23 December 2A - À venir/TBA (R)	10:50 - 11:35 Total Sculpt 2C - Gala
		10:45 - 11:40 Pilates 2B - Sara (R)		10:00 - 10:55 Qi Gong/Chi Kung 2B/Outdoor - Josée ⚙️	10:30 - 11:45 Tai Chi 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.

Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 11:55 Pilates 2C - <i>Nathalie</i> (R)	12:30 - 13:25 Pilates 2C - <i>Nathalie</i> (R)		12:30 - 13:25 Pilates 2B - <i>Violaine</i>	11:00 - 11:55 Pilates 2C - <i>Nathalie</i> (R)	11:00 - 11:55 Zumba® 2C - <i>Micheline</i>	11:00 - 11:45 Cycling 2A - <i>Gaby</i> (R)
12:00 - 12:55 Total Sculpt 2C - <i>Micheline</i> BB					11:00 - 11:55 HIIT Cycling 2A - <i>Mathilde</i> (R)	12:00 - 13:25 Vinyasa Yoga 2B - <i>Christiane/Jacqueline</i> B. (R)
12:10 - 13:25 Gentle Yoga 2B - <i>Mara</i> (R)					12:00 - 13:25 Yoga 2B - <i>Jacky</i> (R)	13:30 - 14:25 Pilates 2C - <i>André</i> B./ <i>Violaine</i>
13:30 - 14:25 Yoga 2B - <i>Mara</i> (R)					12:00 - 13:15 Kickboxing 2C/Outdoor - <i>El</i> <i>Alla</i> ⚙️	13:30 - 14:25 Yoga 2B - <i>Christiane/Jacqueline</i> B.
					12:00 - 12:55 Bootcamp Gym/Outdoor - <i>Billie</i>	

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:15 Interval Training 2C - Brigitte	17:30 - 18:25 Zumba® 2C - Sophie	17:30 - 18:25 Total Sculpt 2C - Micheline/Nathalie G.	17:30 - 18:25 Pilates 2B - André	17:30 - 18:25 Zumba® 2C - Mirna		
17:30 - 18:25 Yoga 2B - Jaqueline B. (R)	18:00 - 18:55 Pilates 2B - Sébastien	18:00 - 18:55 Yoga 2B - Mara (R)	17:30 - 18:25 Total Sculpt 2C - Marie-Eve	18:00 - 19:25 Yoga 2B - Mara (R)		
18:30 - 19:25 Zumba® 2C - Stéphanie	18:00 - 18:45 Cycling 2A - Brigitte (R)	18:30 - 19:25 Zumba® 2C - Catherine	18:30 - 19:25 Raga-Pop 2C - Jordan/David	19:00 - 20:25 Capoeira 2C - Colette		
18:30 - 19:25 HIIT Cycling 2A - Jean Luke (R)	18:00 - 18:55 Bootcamp Gym/Outdoor - Annie	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	18:30 - 19:25 Y Pump 2C - Alexia					
19:30 - 20:25 Gentle Yoga 2B - Jacky (R)	19:00 - 19:55 Djamboola 2B - Meryse					
	19:30 - 20:25 Kickboxing 2C - El Alla					

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)			
	10:30 - 11:55 Meditation 2B - Dodik					

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Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:30 - 19:25 « Nia » Dance 2B - Lise-Anna		18:30 - 19:15 Interval Cycling (8 yrs+) (with parents) 2A - Michel (R)	18:30 - 19:25 Cycle 'n Sculpt 2A - Brigitte (R)			

Fitness and Aquatic Activities - Small Group Training

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

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 Aquafit Pool - Gui (R)	09:00 - 09:55 Aqua Bootcamp Pool - Gui (R)	09:00 - 09:55 Aqua Cardio Pool - À venir/TBA (R)	10:00 - 10:55 Aquafit Pool - Mary (R)	09:00 - 09:55 Aquafit Pool - À venir/TBA (R)	12:00 - 12:55 Aquafit Pool - Valérie (R)	12:00 - 12:55 Aqua Dance Pool - Marine (R)
18:30 - 19:15 Aqua Cardio Pool - À venir/TBA (R)		18:30 - 19:15 Aquafit Pool - Valérie (R)				

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:55 ④ ⚙️	07:30 - 08:55 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 ⚙️		17:30 - 18:25 ②
15:00 - 15:55 ④ ⚙️	21:00 - 21:55 ④ ⚙️	15:00 - 15:55 ④ ⚙️				
19:30 - 20:30 ①		19:30 - 20:30 ③				
20:30 - 21:55 ④ ⚙️		20:30 - 21:55 ④ ⚙️				

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Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	15:00 - 15:55 ②			15:00 - 15:55 ①		14:30 - 17:25 ☼

Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:15 - 18:30 Swim Club (5-18 yrs) Pool /\$	16:30 - 20:00 Swim Club (5-18 yrs) Pool /\$	16:15 - 18:30 Swim Club (5-18 yrs) Pool /\$	16:30 - 19:30 Swim Club (5-18 yrs) Pool /\$			

Aquatics - Triathlon - Swimming

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20:00 - 20:55 Triathlon - Swimming Pool - À venir/TBA ④			07:00 - 07:55 Triathlon - Swimming Pool - À venir/TBA ④		17:30 - 18:25 Triathlon - Swimming Pool - À venir/TBA ②

Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20:30 - 22:30 Supervised Basketball (18+) 10 September - 23 December Gym - Éric/David			17:45 - 18:55 Open Soccer 10 September - 23 December Gym - À venir/TBA		17:15 - 19:15 Supervised Basketball (18+) 10 September - 23 December Gym - Éric/David	

Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:30 - 19:15 Interval Cycling (8 yrs+) (with parents) 2A - Michel (R)				

Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:30 - 17:30 Multisport 6-7 years old (6 - 11 years) 18 September - 20 November Gym - À venir/TBA /\$	16:30 - 18:00 Martial Arts + (3 to 5 years old) 19 September - 21 November 2B - Jessica /\$	16:30 - 18:00 Soccer Plus (3 to 5 years old) 20 September - 22 November 3A-3B/Gym - Cherelus et Justin /\$		09:00 - 10:00 Gymnastics for Kids (3 to 5 years old) 22 September - 24 November Gym - Cherelus et Justin /\$	10:00 - 11:00 Basketball for Kids (6-8 yrs) 23 September - 23 December Gym - Émile \$
	16:30 - 18:00 Multisport 6-7 years old (3 to 5 years old) 18 September - 20 November 3A-3B/Gym - Abdel /\$				10:15 - 11:15 Soccer for Kids (3 to 5 years old) 20 September - 22 November 3A-3B/Gym - Cherelus et Justin /\$	11:00 - 12:00 Basketball for Kids (9-11 years) 23 September - 23 December Gym - Émile \$