



Print date: 2024-11-25

## Spring 2019 From 2019-03-25 to 2019-06-16

### 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
09:00 - 10:00 Pilates Studio 2 - Gala	08:00 - 08:50 Cycling Studio 2 - Kristine	08:00 - 08:50 Cycling Studio 2 - Ross	08:00 - 08:55 Stretching Studio 1 - Tammy	06:30 - 07:30 Yogalates Studio 1 - Tammy	09:00 - 10:00 Pilates Studio 2 - Tammy	09:00 - 10:00 Cycling Studio 2 - Patrick (R)
09:00 - 10:00 Total Sculpt Gym - Diana	08:00 - 08:55 Essentrics® Studio 1 - Nicola	09:00 - 10:00 Zumba® Gym - Franklin	09:00 - 10:00 Interval Training Gym - Véronique	08:00 - 08:50 Cycling Studio 2 - Jacques	10:05 - 11:05 Interval Training Gym - Lauren	09:00 - 10:00 Vinyasa Yoga Studio 1 - Julia
09:00 - 10:00 STRONG Nation® Studio 1 - Amberley	09:00 - 10:00 Yoga Studio 2 - Cary	10:00 - 10:55 Chair Yoga Studio 1 - Réal	10:00 - 11:00 Zumba® Studio 1 - Véronique G.	09:00 - 10:00 Pilates Studio 2 - André	10:10 - 11:10 Cycling Studio 2 - Maryse (R)	10:00 - 11:00 Bootcamp Gym - Sule
10:00 - 11:00 Stretching Studio 1 - Julian L.	10:05 - 11:05 Pilates Studio 2 - André		10:00 - 11:00 Tai Chi Studio 2 - Ron	10:05 - 11:05 Zumba® Gym - Cynthia		10:05 - 11:05 Total Sculpt Studio 1 - Livia
10:00 - 11:00 Yoga Studio 2 - Anna	10:05 - 11:00 Cardio-Dance Studio 1 - Stella		10:05 - 11:05 Stretching Gym - Chitra	10:05 - 11:05 Chair Yoga Studio 1 - Cary		

**Intensity :** Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✍️ Registration required | 💰 Additional payment required | 💵 Additional fee for non-members | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 🏠 Activity open to City of Montréal residents | 🏡 Activity open to City of Westmount 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
12:00 - 13:00 Vinyasa Yoga Studio 2 - Olivia	11:05 - 12:05 Tai Chi Studio 1 - Ron	11:00 - 12:00 Yoga Studio 2 - Don	11:00 - 12:00 Qi Gong/Chi Kung Studio 2 - Ron	12:00 - 13:30 Yoga Studio 2 - Cary	11:05 - 12:35 Yoga Studio 1 - Kristen	11:05 - 12:05 Stretching Studio 1 - Alison
12:05 - 13:00 Total Sculpt Studio 1 - Sylvie	12:00 - 13:00 Yoga Studio 2 - À venir/TBA	12:05 - 13:00 Total Sculpt Studio 1 - Alison		12:00 - 13:00 Total Sculpt Studio 1 - Sylvie	11:15 - 12:15 Zumba® Gym - Cynthia	11:05 - 12:05 Y Pump (16+) Studio 2 - Kimberly
	12:05 - 13:05 Qi Gong/Chi Kung Studio 1 - Ron					13:05 - 14:20 Yoga Studio 1 - Réal

## Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 17:00 Gentle Yoga Studio 1 - Corinne	17:00 - 18:00 Yoga Studio 1 - Chitra	17:10 - 18:00 Interval Abs Studio 2 - Kristine	17:00 - 18:00 Yoga Studio 2 - Don	17:00 - 18:00 Vinyasa Yoga Studio 1 - Olivia		
17:00 - 18:00 Pilates Studio 2 - Kosta	17:00 - 18:00 Y Pump (16+) Studio 2 - Kimberly	18:00 - 19:00 Zumba® Studio 1 - Gany	17:00 - 17:55 Total Sculpt Studio 1 - Marie-Hélène	18:30 - 19:30 Capoeira Studio 2 - Stéphane		
18:00 - 19:00 Zumba® Gym - Gany	18:05 - 19:05 Pilates Studio 2 - Gala	18:05 - 19:05 Bootcamp Gym - Sule	17:30 - 18:25 HIIT Gym - Amberly			
18:05 - 19:00 Cycling Studio 2 - Kristine	18:05 - 19:05 Zumba® Gym - Cynthia	18:15 - 19:15 Cycling Studio 2 - Steve (R)	18:00 - 19:00 Pilates – Ball Studio 1 - Réal			
19:05 - 20:20 Yoga Studio 1 - Cary	18:05 - 19:00 Step Studio 1 - Diana/David	19:05 - 20:05 Vinyasa Yoga Studio 1 - Julia	18:30 - 19:30 Zumba® Gym - Cynthia			
		19:30 - 20:30 Kickboxing (18+) Studio 2 - Sule				

**Intensity :** Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✂️ Registration required | 💰 Additional payment required | \$N Additional fee for non-members | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 🏠 Activity open to City of Montréal residents | 🏡 Activity open to City of Westmount 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 - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09:00 - 10:00 Power Toning Gym - Beth	10:00 - 11:00 Aero-Kickboxing Gym - Sule	09:00 - 10:00 BOSU Studio 1 - Diana	09:00 - 10:00 Toning with Barre Studio 1 - Livia	09:00 - 10:00 Aero-Chance Gym - Équipe/Team	
	09:00 - 10:00 Gentle Aerobics Studio 1 - Lilian		09:00 - 10:00 Gentle Aerobics Studio 2 - Lilian			
	10:30 - 11:30 Total Sculpt Parent-Baby (0-12 mos with parents) Gym - Beth BB ✂ Ⓜ \$N					

## Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:20 - 18:05 Aero-Kickboxing Studio 1 - Sule		17:00 - 18:00 Toning with Barre Studio 1 - Livia				
18:10 - 19:00 Power Toning Studio 1 - Diana						

## Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	19:10 - 20:10 Boxing Studio 2 - Chokri	09:10 - 09:55 TRX® (5 weeks) 10 April - 8 May Studio 2 - Diana \$				12:15 - 13:00 Foam Roller Stretching (10 weeks) 31 March - 9 June Studio 2 - Sule ✂ \$
		15:00 - 15:45 Restorative Yoga (10 weeks) 27 March - 29 May Studio 1 - Chitra ✂ \$				

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## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:35 - 10:25 Aquafit Pool - Isabelle	13:15 - 14:00 Aqua Arthritis (65+) Pool - Rose / (W) \$N	09:35 - 10:25 Aquafit Pool - Mary	09:35 - 10:25 Aquafit Pool - Marine	09:35 - 10:25 Aquafit Pool - Marine	08:55 - 09:45 Aqua Cardio Pool - Azita	
			13:15 - 14:00 Aqua Arthritis (65+) Pool - Marine / (W) \$N			

## Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 08:15 (5)	06:15 - 08:40 (5)	07:30 - 08:15 (5)	06:15 - 08:40 (5)	07:30 - 08:15 (5)	07:15 - 08:50 (5)	07:15 - 09:20 (5)
09:35 - 10:25 (1)	08:45 - 09:30 (2)	09:35 - 10:25 (1)	08:45 - 09:30 (2)	09:35 - 10:25 (1)	14:40 - 15:25 (2)	13:05 - 14:25 (4)
10:30 - 11:30 (3)	09:35 - 10:25 (1)	10:30 - 11:30 (3)	09:35 - 10:25 (1)	10:30 - 11:30 (3)	15:30 - 16:45 (5)	14:30 - 16:00 (2)
11:30 - 14:55 (5)	10:30 - 11:30 (2)	11:30 - 13:40 (5)	10:30 - 11:30 (2)	11:30 - 14:55 (5)		
15:00 - 16:55 (3)	11:30 - 13:10 (5)	13:45 - 15:55 (3)	11:30 - 13:10 (5)	15:00 - 16:55 (3)		
19:30 - 21:45 (2)	14:30 - 15:15 (2)	18:40 - 19:25 (5)	14:30 - 15:15 (2)	18:15 - 19:00 (2)		
	15:15 - 15:55 (3)	19:30 - 21:45 (2)	15:15 - 15:55 (3)	20:15 - 21:45 (5)		
	18:15 - 19:00 (3)		18:15 - 19:00 (3)			
	20:15 - 21:45 (5)		20:15 - 21:45 (5)			

## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 - 11:30 (3) BB	13:15 - 14:30 Open Swim (65+) (W)	10:30 - 11:30 (3) BB	10:30 - 11:30 (2) BB	10:30 - 11:30 (3) BB	14:40 - 15:25 (2) BB	14:30 - 16:00 (2) BB
15:00 - 16:55 (3) BB	15:15 - 15:55 (3) BB	13:45 - 15:55 (3) BB	13:15 - 14:30 Open Swim (65+) (W)	15:00 - 16:55 (3) BB		14:30 - 16:00 Family Open Swim (City) (For all ages) (2) BB (W)
			15:15 - 15:55 (3) BB			

**Intensity :** Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✂️ Registration required | 💰 Additional payment required | \$N Additional fee for non-members | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 🌐 Online reservation | 🏠 Activity open to City of Montréal residents | (W) Activity open to City of Westmount 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 - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 - 07:30 Masters Swim Club (18+) Pool /	19:00 - 20:15 Masters Swim Club (18+) Pool /	06:15 - 07:30 Masters Swim Club (18+) Pool /	19:00 - 20:15 Masters Swim Club (18+) Pool /	06:15 - 07:30 Masters Swim Club (18+) Pool /		16:05 - 17:20 Masters Swim Club (18+) Pool /
		08:15 - 09:30 Masters Swim Club (18+) Pool /		08:15 - 09:30 Masters Swim Club (18+) Pool /		
17:00 - 18:15 Swim Club (6-17 yrs) Pool /\$		17:25 - 18:40 Swim Club (6-17 yrs) Pool /\$		17:00 - 18:15 Swim Club (6-17 yrs) Pool /\$		
				19:00 - 20:15 Masters Swim Club (18+) Pool /		

## Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:30 Open Studio (18+) Studio 2 - Val	19:15 - 21:45 Open Volleyball (18+) Gym - Brent	06:30 - 07:30 Open Studio (18+) Studio 2 - Val		06:30 - 07:30 Open Studio (18+) Studio 2 - Val	12:15 - 14:45 Open Basketball (18+) Gym - Nkosane/Kevin (R)	13:00 - 14:30 Supervised Badminton Gym - À venir/TBA
14:00 - 15:30 Pickleball (18+) Gym - Paul	20:45 - 21:45 Open Studio (18+) Studio 2 - Na	14:00 - 15:30 Pickleball (18+) Gym - Javier		12:30 - 14:30 Pickleball (18+) Gym - Marie-Josée	16:00 - 18:45 Open Studio (18+) Studio 2 - Justine	16:00 - 18:45 Open Studio (18+) Studio 2 - Na
20:45 - 21:45 Open Studio (18+) Studio 2 - Ange-Leonce		19:45 - 21:45 Open Cosom Hockey (18+) Gym - Chris (R)			16:15 - 18:45 Open Volleyball (18+) Gym - Casey /	
		20:45 - 21:45 Open Studio (18+) Studio 2 - Lawrence				

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## Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 08:45 Open Gym (For all ages) Gym	06:00 - 08:45 Open Gym (For all ages) Gym	06:00 - 08:45 Open Gym (For all ages) Gym	06:00 - 08:45 Open Gym (For all ages) Gym	06:00 - 08:45 Open Gym (For all ages) Gym	07:00 - 08:45 Open Gym (For all ages) Gym	07:00 - 09:45 Open Gym (For all ages) Gym
07:15 - 08:45 Open Gym (For all ages) 1/2 Gym	11:45 - 12:30 Open Gym (For all ages) Gym	11:05 - 13:45 Open Gym (For all ages) 1/2 Gym	11:45 - 14:05 Open Gym (For all ages) 1/2 Gym	11:15 - 12:45 Open Gym (For all ages) 1/2 Gym	14:45 - 16:00 Open Gym (For all ages) Gym	14:45 - 16:15 Open Gym (For all ages) 1/2 Gym
11:15 - 13:45 Open Gym (For all ages) 1/2 Gym	14:15 - 15:45 Open Gym (For all ages) Gym	16:00 - 17:45 Open Gym (For all ages) 1/2 Gym	12:45 - 15:45 Open Gym (For all ages) Gym	14:45 - 16:15 Open Gym (For all ages) Gym		
19:15 - 21:45 Open Gym (For all ages) Gym		19:00 - 19:45 Open Gym (For all ages) Gym				

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:30 - 11:30 Total Sculpt Parent-Baby (0-12 mos with parents) Gym - Beth BB ✂ Ⓜ \$N					

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:05 - 14:35 Soccer Plus (3 yrs - 5 yrs) 1 April - 3 June 1/2 Gym - À venir/TBA / \$	13:05 - 14:35 Soccer Plus (3 yrs - 5 yrs) 2 April - 4 June 1/2 Gym - À venir/TBA / \$	13:05 - 14:35 Gym and Swim 3 April - 5 June 1/2 gym / Pool - À venir/TBA / \$	13:05 - 14:35 Lil' Chefs 4 April - 6 June Classroom 2 - À venir/TBA / \$	16:15 - 17:00 Jr. NBA (5-7 yrs) Gym - Vonrick / \$		11:15 - 12:00 Badminton for Kids (6-8 yrs) Gym - Robert / \$
16:00 - 16:45 Soccer for Kids (5-6 yrs) Gym - Felipe / \$	16:00 - 16:45 Basketball for Kids (8-11 yrs) Gym - Dean / \$	16:00 - 17:00 Martial Arts for Kids (6-12 yrs) Studio 2 - Anthony / \$	16:00 - 17:00 Soccer for Kids (9-12 yrs) Gym - Felipe / \$	16:30 - 17:30 Bootcamp for Kids (8-11 yrs) Studio 2 - Sule / \$		12:00 - 12:45 Badminton for Kids (9-12 yrs) Gym - Robert / \$
16:00 - 17:00 Capoeira for Kids (6-12 yrs) Studio 2 - Stephane / \$						
17:00 - 17:45 Soccer for Kids (7-8 yrs) Gym - Felipe / \$						

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