

Print date: 2025-05-05

# Spring 2017

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

## OPENING HOURS

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

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

Special schedule

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




## POOL CLOSURE

Saturday - Sunday: 7 p.m.

## Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:15 - 08:10 Yoga Studio 2 - Claire	09:05 - 09:50 Cardio-Choreo Studio 2 - Nadia Z.	07:15 - 08:10 Yoga Studio 2 - Claire	08:00 - 08:55 Pilates Studio 2 - Orsola	09:30 - 10:15 Cycling Studio 1B - Christine A. (R)	08:45 - 09:45 Yoga Studio 2 - Maggie	09:00 - 10:00 Power Yoga Studio 2 - Maggie
08:30 - 09:30 Cardio-Dance Studio 2 - Wanda	09:15 - 10:00 Cycling Studio 1B - Cathy (R)	08:15 - 08:55 Total Sculpt Studio 2 - Jenny	10:00 - 10:55 Gentle Toning Studio 2 - Bridget	10:05 - 11:00 Essentrics® Studio 2 - Louise	10:00 - 11:00 Cycling Studio 1B - François (R)	09:15 - 10:00 Cycling Studio 1B - Violette (R)
10:00 - 11:00 Yogalates Studio 2 - Leila G.	09:15 - 10:00 Cycling Studio 1B - Cathy (R)	09:05 - 10:00 Zumba® Studio 2 - Carla (R)				09:15 - 10:00 Cycling Studio 1B - Violette (R)
10:05 - 10:55 Gentle Stretching Studio 3 - Christine D. BB	10:00 - 10:55 Gentle Toning Studio 2 - Jenny	10:05 - 10:55 Gentle Stretching Studio 3 - Isabel BB				10:10 - 11:10 Pilates Studio 2 - Nadia
		10:05 - 10:50 Core Strength & Abs Studio 2 - Carla				10:15 - 11:15 Zumba® Studio 3 - Rosario (R)

**Intensity :** Low  | Moderate  | High  | ⚙ Outdoor Classes | BB Baby friendly | ✍ Registration required | \$ Additional payment required

 Reservation cards are available at the reception desk 20 minutes before the class |  Online reservation | \$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
11:05 - 11:50 Step Toning <i>Studio 2 - Leila G.</i>	12:00 - 13:00 Yoga <i>Studio 3 - Victoria</i>	11:00 - 12:15 Yoga – Meditation <i>Studio 3 - Nadine</i>	11:00 - 11:55 Tai Chi <i>Studio 2 - George</i>	11:15 - 12:45 Line Dance <i>Studio 2 - Jocelyne</i>	11:15 - 12:15 Tai Chi <i>Studio 2 - George</i>	
12:00 - 12:45 Cycling <i>Studio 1B - Serge (R)</i>		12:00 - 12:45 Cycling <i>Studio 1B - Sam (R)</i>	12:00 - 13:00 Power Yoga <i>Studio 2 - George</i>	12:00 - 12:45 Cycling <i>Studio 1B - Orsola (R)</i>	11:30 - 12:15 Cycling <i>Studio 1B - Bassam (R)</i>	
		12:00 - 12:45 Cycling <i>Studio 1B - Sam (R)</i>	12:05 - 13:00 Zumba® <i>Studio 2 - Sun (R)</i>	12:00 - 12:45 Cycling <i>Studio 1B - Orsola (R)</i>	12:30 - 13:30 Qi Gong/Chi Kung <i>Studio 2 - George</i>	
		12:15 - 13:00 Total Sculpt <i>Studio 2 - Hooma</i>		13:05 - 14:00 Pilates – Ball <i>Studio 2 - Orsola</i>		

**Intensity :** Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | BB Baby friendly | ✍ Registration required | 💰 Additional payment required | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 💰 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 - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:15 Cycling Studio 1B - Mootaz/François (R)	18:05 - 19:05 Pilates Studio 3 - Nadine	17:30 - 18:15 STRONG Nation® Studio 2 - Carla	17:35 - 18:25 Total Sculpt Studio 2 - Karine	17:30 - 18:30 Belly Dancing Studio 2 - Leila N.		
18:30 - 19:15 Cycling Studio 1B - Bassam (R)	18:30 - 19:15 Cycling Studio 1B - Patricia (R)	18:20 - 19:10 Cardio-Dance Studio 2 - Mia	18:30 - 19:25 Step Studio 2 - Pierre	18:35 - 19:30 Cardio-Choreo Studio 2 - Fatiha		
18:30 - 19:30 Yoga Studio 2 - Victoria	18:30 - 19:15 Cycling (8+) Studio 1B - Patricia (R)	18:30 - 19:15 Cycling Studio 1B - Maya (R)	19:35 - 20:30 Bootcamp Studio 2 - Marie-Eve	19:35 - 20:50 Yoga – Meditation Studio 2 - Shirley		
18:30 - 19:10 Family Zumba® (0 - 11 with parents) Studio 3 - Erica BB	18:30 - 19:15 Cycling Studio 1B - Patricia (R)	19:15 - 20:15 Zumba® Studio 3 - Erica (R)	19:35 - 20:35 Pilates Studio 3 - Nadia			
19:15 - 20:15 Zumba® Studio 3 - Rosario (R)	18:30 - 19:15 Cycling (8+ with parents) Studio 1B - Patricia (R)					
19:35 - 20:35 Cardio-Belly Dancing Studio 2 - Abeer	18:45 - 19:10 Cardio-Box Studio 2 - Cheryl					
	19:15 - 20:00 Bootcamp Studio 2 - Boyana/Lama					

## Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				09:05 - 09:55 Body Bar Studio 2 - Jenny	10:00 - 11:00 Aero-Step- Toning Studio 2 - Jenny	

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### Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:15 - 13:00 PiYo® Studio 2 - Monika	12:15 - 13:00 Afro-Caribbean Studio 2 - Erica					

### Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:15 LeBarre© Training Studio 2 - Bassam <small>(new)</small>						

### Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 13:00 Functional Training Functional Training Room - Luce BB / \$		12:00 - 13:00 Functional Training Functional Training Room - Micheline / \$	18:00 - 19:00 TRX® Introduction Functional Training Room - Ariane / \$	12:00 - 13:00 TRX® Circuit Functional Training Room - Debbie BB / \$		
18:15 - 19:15 TRX® Circuit Functional Training Room - Penny / \$		19:00 - 20:00 TRX® Circuit Functional Training Room - Debbie / \$				

### Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:05 - 09:55 Aquafit Pool - Isabel ②	11:05 - 11:55 Aquafit Pool - Caroline ②	09:05 - 09:55 Aquafit Pool - Martine ②	11:05 - 11:55 Aquafit Pool - Maria ②	09:05 - 09:55 Aqua Cardio Pool - Josée ②	09:05 - 09:55 Aqua Cardio Pool - Sonia ②	
11:05 - 11:55 Aqua Cardio Pool - Florence ②	17:35 - 18:25 Aqua Interval Pool - Nga ②	11:05 - 11:55 Aquafit Pool - Martine ②		11:05 - 11:55 Aquafit Pool - Martine ②		
18:05 - 18:55 Aquafit Pool - Mootaz/Gary ②		18:05 - 18:55 Aqua Bootcamp Pool - Alex ②				

**Intensity :** Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | BB Baby friendly | ✍️ Registration required | 💰 Additional payment required  
 | 📄 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 💵 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).

## Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:30 ⑤	07:00 - 08:00 ⑤	06:30 - 07:30 ⑤	07:00 - 08:00 ⑤	06:30 - 09:00 ⑤	08:00 - 09:00 ④	08:00 - 08:55 ⑤
07:30 - 09:00 ⑤	08:00 - 09:30 ②	07:30 - 09:00 ⑤	08:00 - 09:30 ②	09:00 - 12:00 ②	09:00 - 09:55 ②	15:30 - 20:00 ②
09:00 - 12:00 ②	09:30 - 12:00 ②	09:00 - 12:00 ②	09:30 - 12:00 ②	12:00 - 13:00 ⑤	16:30 - 20:00 ②	
12:00 - 13:00 ⑤	12:00 - 14:00 ⑤	12:00 - 13:00 ⑤	12:00 - 14:00 ⑤	14:00 - 15:30 ②		
13:00 - 14:00 ②	16:30 - 18:30 ②	13:00 - 14:00 ②	16:30 - 18:30 ②	19:30 - 20:00 Lane Swim for Teens ②		
15:05 - 16:00 ⑤	19:30 - 20:30 ⑤	15:05 - 16:00 ⑤	19:30 - 20:30 ⑤	20:00 - 22:00 ②		
16:00 - 19:00 ②	20:30 - 22:00 ②	16:00 - 20:30 ②	20:30 - 22:00 ②			
19:00 - 20:30 ③		19:00 - 20:30 ③				
20:30 - 22:00 ②		20:30 - 22:00 ②				

**Intensity :** Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | BB Baby friendly | ✍ Registration required | \$ Additional payment required | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | \$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).

## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 10:00 Recreational Pool	08:00 - 09:30 Pool / Recreational Pool ③ ☼	08:00 - 10:00 Recreational Pool	08:00 - 09:30 Pool / Recreational Pool ③ ☼	08:00 - 09:00 Recreational Pool ☼	14:00 - 16:30 Pool / Recreational Pool ☼	08:00 - 08:55 Recreational Pool
12:00 - 13:00 Recreational Pool	09:30 - 10:00 Pool / Recreational Pool ②	12:00 - 13:00 Recreational Pool	09:30 - 10:00 Pool / Recreational Pool ②	09:00 - 10:00 Recreational Pool	19:00 - 20:00 Recreational Pool	13:30 - 15:30 Pool / Recreational Pool ☼
14:05 - 15:05 Open Swim (City) 50 + Pool / Recreational Pool ② ☼	12:00 - 14:00 Recreational Pool	14:05 - 15:05 Open Swim (City) 50 + Pool / Recreational Pool ② ☼	12:00 - 14:00 Recreational Pool	12:00 - 13:00 Recreational Pool		15:30 - 16:30 Pool / Recreational Pool ②
15:05 - 16:00 Recreational Pool	15:30 - 16:30 Pool / Recreational Pool ☼	15:05 - 16:00 Recreational Pool	15:30 - 16:30 Pool / Recreational Pool ☼	13:00 - 14:00 Pool / Recreational Pool ② ☼		19:00 - 20:00 Recreational Pool
20:30 - 22:00 Pool ② ☼	16:30 - 17:30 Pool / Recreational Pool ②	20:30 - 22:00 Pool ② ☼	16:30 - 17:30 Pool / Recreational Pool ②	14:00 - 15:30 Pool / Recreational Pool ②		
	18:30 - 19:30 Pool / Recreational Pool ② ☼		18:30 - 19:30 Pool / Recreational Pool ② ☼	15:30 - 16:30 Pool / Recreational Pool ☼		
				19:30 - 20:00 Open swim (12-17) Pool ② ☼		
				20:00 - 22:00 Pool ② ☼		

**Intensity :** Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ☼ Outdoor Classes | BB Baby friendly | ✍ Registration required | \$ Additional payment required

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## Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:00 - 18:50 Open Basketball (16+) Gym 1 & 2	20:45 - 22:15 Open Basketball (16+) Gym 2	17:30 - 19:00 Open Soccer (16+) Gym 1 & 2 (R)	17:30 - 19:00 Open Soccer (18+) Gym 1 & 2 (R)	20:30 - 22:15 Open Basketball (18+) Gym 1 & 2	14:30 - 16:00 Open Soccer (18+) Gym 1 & 2 (R)	12:00 - 13:30 Open Volleyball (16+) Gym 1
		20:15 - 21:45 Ping Pong (16+) Ahuntsic Cartierville Room ④	20:30 - 22:15 Open Soccer (18+) Gym 2 (R)		16:00 - 17:45 Open Cosom Hockey (18+) Gym 2	12:00 - 13:30 Open Badminton Gym 2 ③
			20:30 - 22:15 Open Badminton Gym 1 ③		17:00 - 19:00 Ping Pong (16+) Ahuntsic Cartierville Room ④	17:00 - 20:00 Open Badminton Gym 1 & 2 ✍
					18:00 - 20:15 Open Volleyball (16+) Gym 2	
					18:00 - 20:15 Open Volleyball (16+) Gym 1 (R)	

## Sports and Recreation - Open Gym





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:45 - 16:45 Open Gym Gym 2	11:15 - 12:55 Open Gym Gym 2	12:15 - 14:55 Open Gym Gym 2	13:15 - 15:00 Open Gym Gym 2	12:00 - 13:00 Open Gym Gym 2	13:00 - 14:15 Open Gym Gym 1 & 2	
17:00 - 17:50 Open Gym Gym 1	15:00 - 16:30 Open Gym Gym 2	16:30 - 17:20 Open Gym Gym 1	15:15 - 17:20 Open Gym Gym 2	15:00 - 17:25 Open Gym Gym 2		






**Intensity :** Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | BB Baby friendly | ✍ Registration required | \$ Additional payment required  
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**Fitness and Aquatic Activities - Parent & Baby / Family Activities**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 17:50 Family Open Gym (0-12 with parents) <i>Gym 2</i> BB		16:30 - 17:20 Family Open Gym (0-12 with parents) <i>Gym 2</i> BB			10:15 - 11:00 Family Bootcamp (0 - 11 with parents) <i>Studio 3 -</i> <i>Stefania</i> BB	10:30 - 11:50 Family Open Gym (0-11 with parents) <i>Gym 2</i> BB
		18:30 - 19:10 Family Dance <i>Studio 3 - Leila</i> N. BB			10:30 - 12:45 Family Open Gym (0-11 with parents) <i>Gym 2</i> BB	11:15 - 12:00 Family Yogalates (0 - 11 with parents) <i>Studio 2 -</i> <i>Violaine</i> BB

**Youth Activities (12 years +)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:35 - 18:25 Teen Night <i>Gym 1 &amp; 2</i> 			17:25 - 20:25 Teen Night <i>Gym 1 &amp; 2</i> 		
				19:30 - 20:00 Open swim (12- 17) <i>Pool</i> ② 		
				19:30 - 20:00 Lane Swim for Teens <i>Pool</i> ② 		

**Intensity :** Low  | Moderate  | High  |  Outdoor Classes | BB Baby friendly |  Registration required | \$ Additional payment required

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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).