



## Programming Saint-Roch YMCA (Québec)

Winter 2026 : January 5, 2026 - March 22, 2026

Download date: December 29, 2025

**Group fitness courses:** The YMCA reserves the right to cancel classes if there are fewer than 10 participants. The instructor may be changed without notice.

Group lessons - Morning						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit ⌚ 09:00 to 09:55 ▢ Low	HIIT Cycling ⌚ 07:00 to 07:45 ▢ Studio 5 ▢ Alain ▢ High	Aquafit ⌚ 09:00 to 09:55 ▢ Low	Yoga ⌚ 07:00 to 08:00 ▢ Studio 2-3 ▢ Carl ▢ Low	Aquafit ⌚ 10:00 to 10:55 ▢ Low	HIIT Cycling ⌚ 09:30 to 10:15 ▢ Studio 5 ▢ Marie-Andree ▢ High	HIIT Cycling ⌚ 09:30 to 10:15 ▢ Studio 5 ▢ Alex ▢ High
Pilates-Stretching ⌚ 10:00 to 11:00 ▢ Studio 2-3 ▢ Gabrielle ▢ Low	Gentle Toning - Ball/BOSU ⌚ 10:30 to 11:30 ▢ Studio 2-3 ▢ Nicolas ▢ Low		Gentle Toning ⌚ 10:30 to 11:30 ▢ Studio 2-3 ▢ Nicolas ▢ Low		Zumba® ⌚ 10:00 to 11:00 ▢ Studio 2-3 ▢ Julie ▢ Moderate	Yoga ⌚ 10:30 to 11:30 ▢ Studio 2-3 ▢ Anne ▢ Low

Group lessons - Midday						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio-Box ⌚ 12:00 to 13:00 ▢ Studio 1 ▢ Amine ▢ High	Circuit Training ⌚ 12:00 to 13:00 ▢ Studio 1 ▢ Nicolas ▢ High	Pilates ⌚ 12:00 to 13:00 ▢ Studio 2-3 ▢ Nicolas ▢ Moderate	HIIT - Toning ⌚ 12:00 to 13:00 ▢ Studio 2-3 ▢ Gabrielle ▢ High	Gentle Floor Toning ⌚ 11:00 to 12:00 ▢ Studio 2-3 ▢ Nicolas ▢ Low	Aquafit ⌚ 12:00 to 12:55 ▢ Low	Aquafit ⌚ 12:00 to 12:55 ▢ Low
Core Strength & Abs ⌚ 12:00 to 13:00 ▢ Studio 2-3 ▢ Nicolas ▢ Moderate	Yoga ⌚ 12:00 to 13:00 ▢ Studio 2-3 ▢ Anne ▢ Low	Circuit Training ⌚ 12:15 to 13:00 ▢ Studio 1 / Track ▢ Francis ▢ High		Circuit Training ⌚ 12:00 to 13:00 ▢ Studio 2-3 ▢ Nicolas ▢ High		
HIIT Cycling ⌚ 12:15 to 13:00 ▢ Studio 5 ▢ Marie-Christine ▢ High				HIIT Cycling ⌚ 12:15 to 13:00 ▢ Studio 5 ▢ Jimmy ▢ High		
Gentle Fitness ⌚ 13:15 to 14:15 ▢ Studio 2-3 ▢ Nicolas ▢ Low						

Group lessons - Evening						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates ⌚ 17:00 to 18:00 ▢ Studio 2-3 ▢ Gabrielle ▢ Moderate	Zumba® ⌚ 17:00 to 18:00 ▢ Studio 2-3 ▢ Valerie ▢ Moderate	Pilates ⌚ 17:00 to 18:00 ▢ Studio 2-3 ▢ Valerie ▢ Moderate	HIIT Cycling ⌚ 17:15 to 18:00 ▢ Studio 5 ▢ Jimmy ▢ High	Core Strength & Abs ⌚ 17:00 to 18:00 ▢ Studio 1 ▢ Leonie ▢ Moderate		
HIIT Cycling ⌚ 17:30 to 18:15 ▢ Studio 5 ▢ Alain ▢ High	HIIT Cycling ⌚ 17:15 to 18:00 ▢ Studio 5 ▢ Jimmy ▢ High	HIIT Cycling ⌚ 17:30 to 18:15 ▢ Studio 5 ▢ Marie-Christine ▢ High	Pilates ⌚ 17:30 to 18:30 ▢ Studio 2-3 ▢ Gabrielle ▢ Moderate	HIIT Cycling ⌚ 17:15 to 18:00 ▢ Studio 5 ▢ Marie-Andree ▢ High		

Group lessons - Evening						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Metafit</b> ⌚ 17:30 to 18:30 ⌚ Studio 1 ▢ Jimmy ▢ High	<b>Total Sculpt</b> ⌚ 18:15 to 19:15 ⌚ Studio 1 ▢ Jimmy ▢ High	<b>Power Yoga</b> ⌚ 18:15 to 19:15 ⌚ Studio 2-3 ▢ Carl ▢ Moderate	<b>Bootcamp</b> ⌚ 18:00 to 19:00 ⌚ Studio 1 ▢ Leonie ▢ High	<b>Power Yoga</b> ⌚ 17:15 to 18:15 ⌚ Studio 2-3 ▢ Carl ▢ Moderate		
<b>Power Yoga</b> ⌚ 18:15 to 19:15 ⌚ Studio 2-3 ▢ Alice ▢ Moderate	<b>HIIT Cycling</b> ⌚ 18:30 to 19:15 ⌚ Studio 5 ▢ Alex ▢ High	<b>Aquafit</b> ⌚ 18:30 to 19:25 ▢ Low				
<b>Aquafit</b> ⌚ 18:30 to 19:25 ▢ Low	<b>Yin yoga</b> ⌚ 19:15 to 20:15 ⌚ Studio 2-3 ▢ Anne ▢ Low					
<b>HIIT Cycling</b> ⌚ 18:30 to 19:15 ⌚ Studio 5 ▢ Alex ▢ High						

Lane swim and open swim - Morning						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim</b> ⌚ 07:00 to 08:55 ⌚ 5 swimming lanes	<b>Lane Swim</b> ⌚ 07:00 to 07:25 ⌚ 5 swimming lanes	<b>Lane Swim</b> ⌚ 07:00 to 08:55 ⌚ 5 swimming lanes	<b>Lane Swim</b> ⌚ 07:00 to 07:25 ⌚ 5 swimming lanes	<b>Lane Swim</b> ⌚ 07:00 to 08:55 ⌚ 5 swimming lanes	<b>Lane Swim</b> ⌚ 07:45 to 08:45 ⌚ 5 swimming lanes	
	<b>Lane Swim (City)</b> ⌚ 07:25 to 08:55 ⌚ 5 swimming lanes		<b>Lane Swim (City)</b> ⌚ 07:25 to 08:55 ⌚ 5 swimming lanes	<b>Lane Swim</b> ⌚ 09:00 to 09:55 ⌚ 2 swimming lanes		
		<b>Lane Swim</b> ⌚ 09:00 to 10:55 ⌚ 2 swimming lanes		<b>Open Swim</b> ⌚ 09:00 to 09:55 ⌚ 3 swimming lanes		
	<b>Open Swim</b> ⌚ 09:00 to 10:55 ⌚ 3 swimming lanes					

Lane swim and open swim - Midday						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim (City)</b> ⌚ 11:00 to 12:55 ⌚ 5 swimming lanes	<b>Lane Swim</b> ⌚ 11:00 to 12:55 ⌚ 5 swimming lanes	<b>Lane Swim (City)</b> ⌚ 11:00 to 12:55 ⌚ 5 swimming lanes	<b>Lane Swim</b> ⌚ 11:00 to 12:55 ⌚ 5 swimming lanes	<b>Lane Swim (City)</b> ⌚ 11:00 to 12:55 ⌚ 5 swimming lanes	<b>Lane Swim</b> ⌚ 13:00 to 14:25 ⌚ 3 swimming lanes	<b>Lane Swim</b> ⌚ 13:00 to 14:25 ⌚ 3 swimming lanes

Lane swim and open swim - Afternoon						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim</b> ⌚ 16:30 to 18:25 ⌚ 5 swimming lanes		<b>Lane Swim</b> ⌚ 16:30 to 18:25 ⌚ 2 swimming lanes		<b>Lane Swim</b> ⌚ 16:00 to 17:25		<b>Open Swim (City)</b> ⌚ 14:30 to 15:55

Lane swim and open swim - Evening						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim</b> ⌚ 19:30 to 20:55 ⌚ 5 swimming lanes	<b>Lane Swim (City)</b> ⌚ 19:30 to 20:55 ⌚ 5 swimming lanes	<b>Lane Swim</b> ⌚ 19:30 to 20:55 ⌚ 2 swimming lanes		<b>Open Swim (City)</b> ⌚ 17:30 to 18:55		

