



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 👤 Gabrielle 📍 Moderate	HIIT - Toning 🕒 12:00 to 13:00 📍 Studio 2-3 👤 Nicolas 📍 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
Metafit 🕒 17:30 to 18:30 📍 Studio 1 👤 Jimmy 📅 High	Total Sculpt 🕒 18:15 to 19:15 📍 Studio 1 👤 Jimmy 📅 High	Power Yoga 🕒 18:15 to 19:15 📍 Studio 2-3 👤 Carl 📅 Moderate	Bootcamp 🕒 18:00 to 19:00 📍 Studio 1 👤 Leonie 📅 High	Power Yoga 🕒 17:15 to 18:15 📍 Studio 2-3 👤 Carl 📅 Moderate		
Power Yoga 🕒 18:15 to 19:15 📍 Studio 2-3 👤 Alice 📅 Moderate	HIIT Cycling 🕒 18:30 to 19:15 📍 Studio 5 👤 Alex 📅 High	Aquafit 🕒 18:30 to 19:25 📅 Low				
Aquafit 🕒 18:30 to 19:25 📅 Low	Yin yoga 🕒 19:15 to 20:15 📍 Studio 2-3 👤 Anne 📅 Low					
HIIT Cycling 🕒 18:30 to 19:15 📍 Studio 5 👤 Alex 📅 High						

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

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

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

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

