

Club
de Conditionnement
Physique
de St-Laurent
AUTUMN-2, 2026

From: October 26th
Until: December 19th, 2026
(Changes to the last week
From December 14 till 19)

\$155.00/ 7.5 weeks
The classes will be at two
locations
CDL: CENTRE DES LOISIRS
1375 rue Grenet. St-Laurent

CS: SPORTS COMPLEX
2385 Blvd.Thimens. St-Laurent
3rd floor Salle Multi

Membership & access are restricted to
16 years of age or older.

Payment by check only at the front desks
Payable to: Club de Cond. Phys. St-Laurent

MON	TUE	WED	THU	FRI	SAT
<u>CDL</u> 18h15- 19h00 <u>Barre</u> <u>Pilates</u> <u>Local</u> <u>#225</u>	<u>CDL</u> 18h00- 19h00 <u>YOGA</u> <u>Local</u> <u>#225</u>	<u>CDL</u> 18h15- 19h15 <u>ESSEN</u> <u>TRICS</u> <u>Local</u> <u>#225</u>	<u>CDL</u> 18h00- 19h00 <u>Pilates</u> <u>Local</u> <u>#225</u>	<u>CDL</u> 18h00- 18h45 <u>Cardio</u> <u>BALADI</u> <u>Local</u> <u>#225</u>	<u>CDL</u> 8h45- 9h45 <u>YOGA</u> <u>Local</u> <u>#225</u>
<u>CDL</u> 19h15- 20h00 <u>Yoga</u> <u>Pilates</u> <u>Local</u> <u>#225</u>	<u>CDL</u> 19h00- 20h00 <u>Zumba</u> <u>#225</u>		<u>CDL</u> 19h00- 20h00 <u>Zumba</u> <u>#225</u>	<u>CDL</u> 19h00- 20h00 <u>YOGA</u> <u>Local</u> <u>#225</u>	<u>CDL</u> <u>Zumba</u> <u>Tonus</u> 9h45- 10h15 <u>#225</u>
<u>CS</u> 18h00- 19h00 <u>Cardio</u> <u>Mix &</u> <u>Kickbox</u> <u>& Abdo</u>		<u>CS</u> 18h00- 19h00 <u>Cardio</u> <u>Mix &</u> <u>Kickbox</u> <u>& Abdo</u>			<u>CDL</u> <u>Zumba</u> <u>Cardio</u> 10h15- 11h10 <u>#225</u>
<u>CS</u> 19h00- 20h00 <u>TONUS</u> <u>HIIT</u>		<u>CS</u> 19h00- 20h00 <u>TONUS</u> <u>HIIT</u>			

Registration: (at the front desks)

Sports Complex (2385 Blvd.Thimens)
Monday to Friday from 9h to 20h
Saturday & Sunday from 8h30 to 17h45
&

Centre des loisirs (1375 Grenet street)
Mondays to Fridays 9h to 12h & 13h to 16h

REGISTRATION FORM

Last Name _____

First Name _____

Address _____

City _____

Postal Code _____

Telephone _____

Email _____

Amount \$ _____ Cheque #: _____

CONDITIONS & CODE OF CONDUCT
www.clubexercise.ca

*The administration & or the instructors reserve
the right to expel & cancel the membership of
any person found to be incapable or at risk to
themselves &/or to other members.*

Any changes will be advised to members by the
instructors and an email will be sent to members.

-Scheduled classes are subject to change or
cancellation without notice

-We reserve the right to modify or replace classes
based on room and instructor availability
-There will be no classes on official holidays.

- Disrespectful and harassing behavior will not
be tolerated and will lead to the expulsion
from the Club and cancellation of membership
without any refund.

TARIF : \$155.00

Email: cdcphvs1@gmail.com

WEB SITE: www.clubexercise.ca