

Club
de Conditionnement
Physique
de St-Laurent

AUTUMN-1, 2026

From: September 8th
Until: October 24, 2026
\$145.000/ 7 weeks

FREE ACCESS TO ALL
CLASSES
AT TWO LOCATIONS:

CDL: CENTRE DES LOISIRS
1375 rue Grenet, St-Laurent

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

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> Tania	<u>CDL</u> 18h15- 19h05 <u>YOGA</u> <u>Local</u> <u>#225</u> Nadine	<u>CDL</u> 18h15- 19h15 <u>ESSEN</u> <u>TRICS</u> <u>Local</u> <u>#225</u> Francine	<u>CDL</u> 18h15- 19h05 <u>Pilates</u> <u>Local</u> <u>#225</u> Nadine	<u>CDL</u> 18h00- 18h45 <u>Cardio</u> <u>BALADI</u> <u>Local</u> <u>#225</u> Diana	<u>CDL</u> 8h45- 9h35 <u>YOGA</u> <u>Local</u> <u>#225</u> Nadine
<u>CDL</u> 19h15- 20h00 <u>Yoga</u> <u>Pilates</u> <u>Local</u> <u>#225</u> Tania	<u>CDL</u> 19h10- 20h05 <u>Zumba</u> <u>#225</u> Laurie		<u>CDL</u> 19h10- 20h05 <u>Zumba</u> <u>#225</u> Laurie	<u>CDL</u> 19h00- 20h00 <u>YOGA</u> <u>Local</u> <u>#225</u> Tania	<u>CDL</u> <u>Zumba</u> <u>Tonus</u> 9h45- 10h15 <u>#225</u> Laurie
<u>CS</u> 18h00- 19h00 <u>Cardio</u> Mix & <u>Kickbox</u> & Abdo		<u>CS</u> 18h00- 19h00 <u>Cardio</u> Mix & <u>Kickbox</u> & Abdo			<u>CDL</u> <u>Zumba</u> <u>Cardio</u> 10h15- 11h00 <u>#225</u> Laurie
<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 : \$145.00/ 7 weeks

Email: cdcphvsl@gmail.com

WEB SITE: www.clubexercise.ca