

Club  
de Conditionnement  
Physique  
de St-Laurent  
**AUTOMNE-1, 2024**  
**FREE ACCESS TO ALL**  
**CLASSES**

**AUTOMNE-1, 2024**  
From September 9  
until November 2  
Classes at 2 different locations

**CDL: CENTRE DES LOISIRS**

**CS: SPORTS COMPLEX**  
**3rd floor Salle Multi**

MON	TUE	WED	THU	FRI	SAT
<b><u>CDL</u></b> 18h30-19h30 <b><u>Pilates</u></b> <u>Local</u> #225 Luna	<b><u>CDL</u></b> 18h30-19h30 <b><u>YOGA</u></b> <u>Local</u> #225 Nadine	<b><u>CDL</u></b> 18h00-19h00 <b><u>ESSENT</u></b> <b><u>RICS</u></b> #137 Francine	<b><u>CDL</u></b> 18h30-19h30 <b><u>Pilates</u></b> <u>Local</u> #225 Nadine	<b><u>CDL</u></b> 18h30-19h30 <b><u>YOGA</u></b> <u>Local</u> #225 Stef	<b><u>CDL</u></b> Zumba Cardio 10h00-11h00 #225 Laurie
<b><u>CS</u></b> 18h00-19h00 <b><u>Aerobi</u></b> & kickbox & Abdo		<b><u>CS</u></b> 18h00-19h00 <b><u>Aerobi</u></b> & <u>Kickbox</u> & Abdo	<b><u>CDL</u></b> 18h00-18h30 <b><u>Zumba</u></b> <b><u>Tonus</u></b> #138 Laurie		<b><u>CDL</u></b> 10h00-11h00 <b><u>YOGA</u></b> <u>Local</u> #228 Luna
<b><u>CS</u></b> 19h00-20h00 <b><u>Tonus</u></b> <b><u>Circuit</u></b> <b><u>/HIIT</u></b>	<b><u>CDL</u></b> 18h30-19h30 <b><u>Zumba</u></b> #138 Laurie	<b><u>CS</u></b> 19h00-20h00 <b><u>TONUS</u></b> <u>Circuit/</u> <u>HIIT</u>	<b><u>CDL</u></b> 18h30-19h30 <b><u>Zumba</u></b> #138 Laurie		

**Registration nights: August 19, 20, 21**  
**6:00-7:30 p.m. at the CDL /Centre des loisirs**  
**Main entrance (payment cash or check)**  
**OR: Registration at the Centre des loisirs & Sports Complex daily at the front desk.**  
**Payment :Check only at front desk.**

Make check payable to :  
Club de Conditionnement Physique St-Laurent

**REGISTRATION FORM**

Last Name \_\_\_\_\_  
First Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Postal Code \_\_\_\_\_  
Telephone \_\_\_\_\_  
Email \_\_\_\_\_  
Amount \$ \_\_\_\_\_ Cheque # \_\_\_\_\_

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 classes based on room and instructor availability
- There will be no classes on official holidays

**TARIF : \$160.00/ 8 weeks**  
**(taxes included)**

Please send us an email for more information or for special requests.

**Email: cdcphvsl@gmail.com**

**WEB SITE: www.clubexercice.ca**