

Club
de Conditionnement
Physique
de St-Laurent

AUTUMN-1, 2025

FREE ACCESS TO ALL

CLASSES

Autumn-1 2025
From September 8th
Until Nov.1.2025

(8 weeks)

Classes at 2 different locations

CDL: CENTRE DES LOISIRS

1375 Rue Grenet, St-Laurent

&

CS: SPORTS COMPLEX

2385 Boulv.Thimens. St-Laurent

3rd floor Salle Multi

MON	TUE	WED	THU	FRI	SAT
<u>CDL</u> 18h00-18h50 <u>Pilates & Barre</u> Local #138 Tania	<u>CDL</u> 18h30-19h30 <u>YOGA</u> Local #225 Nadine	<u>CDL</u> 18h00-19h00 <u>ESSEN TRICS</u> #136 Francine	<u>CDL</u> 18h30-19h30 <u>Pilates</u> Local #225 Nadine	<u>CDL</u> 18h30-19h30 <u>YOGA</u> Local #225 Tania	<u>CDL</u> <u>Zumba</u> <u>Cardio</u> 10h00-11h00 #225 Laurie
<u>CDL</u> 19h05-19h55 <u>Pilates</u> Local 225 Tania	<u>CDL</u> 18h00-18h30 <u>Zumba</u> <u>Tonus</u> #138 Laurie		<u>CDL</u> 18h30-19h30 <u>Zumba</u> #138 Laurie		<u>CDL</u> 11h10-12h10 <u>YOGA</u> Local #229 Tania
<u>CS</u> 18h00-19h00 <u>Cardio</u> Mix & Kickbox & Abdo	<u>CDL</u> 18h30-19h30 <u>Zumba</u> #138 Laurie	<u>CS</u> 18h00-19h00 <u>Cardio</u> Mix & Kickbox & Abdo			
<u>CS</u> 19h00-20h00 <u>TONUS</u> HIIT		<u>CS</u> 19h00-20h00 <u>TONUS</u> HIIT			

Registration:

Everyday at front desk.

Sports Complex : 2385 Boulv.Thimens

Mondays to Sundays: 9 am to 8 p.m.

& Centre des loisirs: 1375 Grenet street.

Front desk.

Mondays to Fridays 9h-12h & 13h to 16h

Payment check only at the front desks

Payable to: Club de Cond.Phy.St-Laurent

REGISTRATION FORM

Last Name _____

First Name _____

Address _____

City _____

Postal Code _____

Telephone _____

Email _____

Amount \$ _____ Cheque #: _____

CONDITIONS

The administration & or the instructors reserve the right to expel & cancel the membership of any person found to be incapable or at risk to himself & 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 : \$165.00/ 8 weeks

Email: cdcphvsl@gmail.com

WEB SITE: www.clubexercice.ca