Club

de Conditionnement

Physique

de St-Laurent

# SPRING-1 , 2026

## FREE ACCESS TO ALL CLASSES

**SPRING-1, 2026**
**From: March 9th**
**Until: May 2nd**
**(8 weeks)**

**Classes at 2 different locations**

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

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

| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|
| **CDL**<br>**18h00-**<br>18h50<br>**Pilates**<br>**& Barre**<br>Local<br>**#138**<br>Tania | CDL<br>18h30-<br>19h30<br>**YOGA**<br>Local<br>#225<br>Nadine | **CDL**<br>18h00-<br>19h00<br>**ESSEN**<br>**TRICS**<br>**#136**<br>Francine | **CDL**<br>**18h30-**<br>19h30<br>**Pilates**<br>Local<br>#225<br>Nadine | **CDL**<br>18h30-<br>19h30<br>**YOGA**<br>Local<br>#225<br>Tania | CDL<br>Zumba<br>Cardio<br>10h00-<br>11h00<br>#225<br>Laurie |
| **CDL**<br>19h05-<br>19h55<br>**Pilates**<br>Local<br>**225**<br>Tania | CDL<br>**18h00-**<br>**18h30**<br>**Zumba**<br>**Tonus**<br>#138<br>Laurie | | CDL<br>**17h45-**<br>**18h30**<br>**NEW**<br>**Baladi**<br>#138<br>Diana | | **CDL**<br>11h10-<br>12h10<br>**YOGA**<br>Local<br>#231<br>Nadine |
| **CS**<br>18h00-<br>19h00<br>**Cardio**<br>Mix &<br>Kickbox<br>& Abdo | CDL<br>18h30-<br>19h30<br>**Zumba**<br>#138<br>Laurie | **CS**<br>18h00-<br>19h00<br>**Cardio**<br>Mix &<br>Kickbox<br>& Abdo | CDL<br>18h30-<br>19h30<br>**Zumba**<br>#138<br>Laurie | | |
| **CS**<br>19h00-<br>20h00<br>**TONUS**<br>HIIT | | **CS**<br>19h00-<br>20h00<br>**TONUS**<br>HIIT | | | |

**Registration: (at the front desks)**
**Sports Complex (2385 Blvd.Thimens)**
**Monday to Friday from 9h to 20h**
**Saturday from 8h30 to 18h45**
**Sunday from 8h30 to 17h45**

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

**Payment by 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 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 : $165.00/ 8 weeks

***Email: cdcphvsl@gmail.com***
***WEB SITE: www.clubexercise.ca***