

Club  
de Conditionnement  
Physique  
de St-Laurent  
**SPRING-2, 2024**  
**FREE ACCESS TO ALL**  
**CLASSES**

**SPRING-2, 2024**  
From May 6  
until June 22  
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> Local #138 Luna	<b><u>CDL</u></b> 18h00- 18h50 <b><u>YOGA</u></b> Local #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> 18h00- 19h00 <b><u>Pilates</u></b> Local #225 Nadine	<b><u>CDL</u></b> 18h30- 19h30 <b><u>YOGA</u></b> Local #225 Stef	<b><u>CDL</u></b> Zumba <b><u>Cardio</u></b> 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> & Kickbox & 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> Local #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 Zumba #138 Ruth	<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		

**Registration nights: April 29: 6:00-7:30 p.m.**  
**Complex sportif 3<sup>rd</sup> floor salle Multi OR:**  
**April 30, Centre Loisir entrance 5:30-6:30**  
**OR: Registration at the Centre des Loisirs &**  
**Sports Complex daily at opening hours.**

**Payments accepted CASH OR CHEQUE**

Make cheque payable to :

*Club de conditionnement physique St-Laurent*  
Send us an email for any other requests.

**REGISTRATION FORM**

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Amount \$ \_\_\_\_\_ Cheque #: \_\_\_\_\_

**No refunds will be given**

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 : \$140.00/ 7 weeks**  
**(taxes included)**

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

**Email: cdcphvsl@gmail.com**

**WEB SITE: www.clubexercise.ca**