

Club
de Conditionnement
Physique
de St-Laurent

SPRING-2 , 2026

FREE ACCESS TO ALL

CLASSES

From: May 4th
Until: June 20th
(7 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 18h00-18h50 Pilates & Barre Local #138 Tania	CDL 18h30-19h30 YOGA Local #225 Nadine	CDL 18h00-19h00 ESSEN TRICS #136 Francine	CDL 18h30-19h30 Pilates Local #225 Nadine	CDL 18h30-19h30 YOGA Local #225 Tania	CDL Zumba Cardio 10h00-11h00 #225 Laurie
CDL 19h05-19h55 Pilates Local 225 Tania	CDL 18h00-18h30 Zumba Tonus #138 Laurie		CDL 17h45-18h30 Cardio Baladi #138 Diana		CDL 11h10-12h10 YOGA Local #231 Nadine
CS 18h00-19h00 Cardio Mix & Kickbox & Abdo	CDL 18h30-19h30 Zumba #138 Laurie	CS 18h00-19h00 Cardio Mix & Kickbox & Abdo	CDL 18h30-19h30 Zumba #138 Laurie		
CS 19h00-20h00 TONUS HIIT		CS 19h00-20h00 TONUS 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 : \$145.00/ 7 weeks

Email: cdcphvsl@gmail.com

WEB SITE: www.clubexercice.ca