

Club
de Conditionnement
Physique
de St-Laurent
SUMMER, 2024
FREE ACCESS TO ALL
CLASSES

From: July 8
Until : August 24

All the Classes at:

CDL:CENTRE DES LOISIRS

MON	TUE	WED	THU	FRI	SAT
	CDL 18h30-19h30 YOGA Local #225 Nadine	CDL 18h30-19h30 Pilates Local #225 Tania	CDL 18h30-19h30 Pilates Local #225 Nadine	CDL 18h30-19h30 YOGA Local #225 Tania	CDL Zumba Cardio 10h00-11h00 #138 Laurie
CDL 18h30-19h15 Cardio Mix #138 Steven	CDL 18h30-19h30 Zumba #138 Laurie	CDL 18h30-19h15 Cardio Mix #138 Steven	CDL 18h30-19h30 Zumba #138 Laurie		
CDL 19h15-20h00 Tonus Abs & weights		CDL 19h15-20h00 Tonus Abs & weights			

Registration: Daily at Centre des loisirs
And Complex sportif at opening hours.
Payments by check only.

Make cheque payable to :

Club de conditionnement physique St-Laurent

Cash payments will be accepted if you pay the Club Administration . Please send email request
email: cdcphvsl@gmail.com
Web site: www.clubexercice.ca

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.