

Club
de Conditionnement
Physique
de St-Laurent

Summer 2025

FREE ACCESS TO ALL

CLASSES

SUMMER 2025
From July 7th
Until August 23
ALL THE CLASSES ARE AT
CDL:CENTRE DES LOISIRS

Payment by check only at
the front desks.
Check Payable to:
Club de Cond.Phy.St-Laurent

MON	TUE	WED	THU	FRI	SAT
<u>CDL</u> 18h30- 19h30 <u>Yoga</u> <u>Local</u> <u>#225</u>	<u>CDL</u> 18h30- 19h30 <u>Pilates</u> <u>&Yoga</u> <u>Local</u> <u>#225</u>	<u>CDL</u> 18h30- 19h30 <u>ESSENT</u> <u>RICS</u> <u>#225</u>	<u>CDL</u> 18h30- 19h30 <u>Pilates</u> <u>Local</u> <u>#225</u>	<u>CDL</u> 18h30- 19h30 <u>YOGA</u> <u>Local</u> <u>#225</u>	<u>CDL</u> Zumba Cardio 10h00- 11h00 <u>#138</u>
<u>CDL</u> 18h30- 19h15 <u>Cardio</u> <u>Mix</u> <u>#138</u>	<u>CDL</u> 18h30- 19h30 <u>Zumba</u> <u>#138</u>	<u>CDL</u> 18h30- 19h15 <u>Cardio</u> <u>Mix</u> <u>#138</u>	<u>CDL</u> 18h30- 19h30 <u>Zumba</u> <u>#138</u>		<u>CDL</u> <u>11h10-</u> <u>12h10</u> <u>YOGA</u> <u>Local</u> <u>#138</u>
<u>CDL</u> 19h15 -20h00 <u>Tonus</u> <u>Abs &</u> <u>weights</u>		<u>CDL</u> 19h15- 20h00 <u>Tonus</u> <u>Abs &</u> <u>Weights</u>			

Registration:
Everyday at front desk.
Sports Complex : 2385 Boulv.Thimens
Mondays to Fridays Sundays: 9 am to 8 p.m.
Saturdays & Sundays: 9 am to 5 p.m.

& Centre des loisirs: 1375 Grenet street.
Front desk.
Mondays to Fridays 9h-12h & 13h to 16h

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 : \$140.00/ 7 weeks

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