

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
<b><u>CDL</u></b> 18h30- 19h30 <b><u>Pilates</u></b> <u>Local</u> <u>#225</u> Luna	<b><u>CDL</u></b> 18h30- 19h30 <b><u>YOGA</u></b> <u>Local</u> <u>#225</u> Nadine	<b><u>CDL</u></b> 18h30- 19h30 <b><u>ESSENT</u></b> <u>RICS</u> <u>#225</u> Francine	<b><u>CDL</u></b> 18h30- 19h30 <b><u>Pilates</u></b> <u>Local</u> <u>#225</u> Nadine	<b><u>CDL</u></b> 18h30- 19h30 <b><u>YOGA</u></b> <u>Local</u> <u>#225</u> <b><u>TANIA</u></b>	<b><u>CDL</u></b> Zumba Cardio 10h00- 11h00 <b><u>#138</u></b> Laurie
<b><u>CDL</u></b> 18h30- 19h15 <b><u>Cardio</u></b> <u>Mix</u> <u>#138</u> Steven	<b><u>CDL</u></b> 18h30- 19h30 <b><u>Zumba</u></b> <u>#138</u> Laurie	<b><u>CDL</u></b> 18h30- 19h15 <b><u>Cardio</u></b> <u>Mix</u> <u>#138</u> Steven	<b><u>CDL</u></b> 18h30- 19h30 <b><u>Zumba</u></b> <u>#138</u> Laurie		<b><u>CDL</u></b> <b><u>11h10-</u></b> <b><u>12h10</u></b> <b><u>YOGA</u></b> <u>Local</u> <b><u>#138</u></b> <b><u>TANIA</u></b>
<b><u>CDL</u></b> 19h15- 20h00 <b><u>Tonus</u></b> <u>Abs &amp;</u> <u>weights</u> Steven		<b><u>CDL</u></b> 19h15- 20h00 <b><u>Tonus</u></b> <u>Abs &amp;</u> <u>weights</u> Steven			

**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.clubexercice.ca**