

Club
de Conditionnement
Physique
de St-Laurent
SUMMER , 2026

FREE ACCESS TO ALL

CLASSES

SUMMER, 2026

From: July 6th

Until: August 22nd

(7 weeks)

All Classes will be at the

**CDL:CENTRE DES
LOISIRS**

1375 rue Grenet,

St-Laurent

MON	TUE	WED	THU	FRI	SAT
CDL 18h30- 19h15 Pilates Local #225 Tania 19h30- 20h00 Yoga Stretch & Relax	CDL 18h30- 19h30 YOGA Local #225 Nadine	CDL 18h30- 19h30 ESSENT RICS #225 Francine	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 11h10- 12h10 YOGA Local #138 Nadine
CDL 19h15- 20h00 Tonus HIIT		CDL 19h15- 20h00 Tonus HIIT			

Registration: (at the front desk)

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.Phys.St-Laurent

**FOR CASH PAYMENTS CONTACT THE CLUB
BY EMAIL.**

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.clubexercise.ca