

Club
de Conditionnement
Physique
de St-Laurent

WINTER , 2026

FREE ACCESS TO ALL
CLASSES

WINTER 2026
From: January 5th
Until: February 28, 2026
(8 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
<u>CDL</u> 18h00- 18h50	<u>CDL</u> 18h30- 19h30	<u>CDL</u> 18h00- 19h00	<u>CDL</u> 18h30- 19h30	<u>CDL</u> 18h30- 19h30	<u>CDL</u> Zumba Cardio
<u>Pilates</u> & Barre Local #138 Tania	<u>YOGA</u> Local #225 Nadine	<u>ESSEN</u> TRICS #136 Francine	<u>Pilates</u> Local #225 Nadine	<u>YOGA</u> Local #225 Tania	10h00- 11h00 #225 Laurie
<u>CDL</u> 19h05- 19h55	<u>CDL</u> 18h00- 18h30 Zumba Tonus Tania		<u>CDL</u> 17h45- 18h30 NEW Baladi #138 Diana		<u>CDL</u> 11h10- 12h10 YOGA Local #229 Nadine
<u>CS</u> 18h00- 19h00	<u>CDL</u> 18h30- 19h30	<u>CS</u> 18h00- 19h00	<u>CDL</u> 18h30- 19h30		
<u>Cardio</u> Mix & Kickbox & Abdo	<u>Zumba</u> #138 Laurie	<u>Cardio</u> Mix & Kickbox & Abdo	<u>Zumba</u> #138 Laurie		
<u>CS</u> 19h00- 20h00		<u>CS</u> 19h00- 20h00			
<u>TONUS</u> HIIT		<u>TONUS</u> 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.Phys.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 : \$165.00/ 8 weeks

Email: cdcphvsl@gmail.com

WEB SITE: www.clubexercise.ca