

Club  
de Conditionnement  
Physique  
de St-Laurent

**WINTER , 2026**

**FREE ACCESS TO ALL**

**CLASSES**

**WINTER 2026**  
**From: January 5<sup>th</sup>**  
**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>Pilates &amp; Barre</u> Local <u>#138</u> Tania	<u>CDL</u> 18h30-19h30 <u>YOGA</u> Local <u>#225</u> Nadine	<u>CDL</u> 18h00-19h00 <u>ESSEN TRICS</u> <u>#136</u> Francine	<u>CDL</u> 18h30-19h30 <u>Pilates</u> Local <u>#225</u> Nadine	<u>CDL</u> 18h30-19h30 <u>YOGA</u> Local <u>#225</u> Tania	<u>CDL</u> <u>Zumba</u> <u>Cardio</u> 10h00-11h00 <u>#225</u> Laurie
<u>CDL</u> 19h05-19h55 <u>Pilates</u> Local <u>225</u> Tania	<u>CDL</u> 18h00-18h30 <u>Zumba</u> <u>Tonus</u> <u>#138</u> Laurie		<u>CDL</u> 17h45-18h30 <u>NEW Baladi</u> <u>#138</u> Diana		<u>CDL</u> 11h10-12h10 <u>YOGA</u> Local <u>#229</u> Nadine
<u>CS</u> 18h00-19h00 <u>Cardio</u> Mix & Kickbox & Abdo	<u>CDL</u> 18h30-19h30 <u>Zumba</u> <u>#138</u> Laurie	<u>CS</u> 18h00-19h00 <u>Cardio</u> Mix & Kickbox & Abdo	<u>CDL</u> 18h30-19h30 <u>Zumba</u> <u>#138</u> Laurie		
<u>CS</u> 19h00-20h00 <u>TONUS</u> <u>HIIT</u>		<u>CS</u> 19h00-20h00 <u>TONUS</u> <u>HIIT</u>			

**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**