

Class / Location	Rates	Schedule	Dates	Instructor	Description
<b>SPRING SESSION</b>					
<b>Body Design / St-Eugène Hall</b>	Pass or card	Monday 9:15 to 10:15	April 9 to June 11	Lisa McLellan Registrations: 450 530-3920 www.lmfitness.ca  <b>Fitness Pass</b> (2 or more class/ week): \$253 taxes included <b>Card (9 classes):</b> \$135 taxes included  (The balance of unused classes can be transferred to the next session)  10-week <b>SPRING</b> session  <b>Join anytime</b> <b>during a session!</b>	Cardio dance, resistance training and mat work
<b>Stretch and Strengthen / Community Hall</b>		Monday 9:30 to 10:30	April 9 to June 11		Improve posture, relieve pain
<b>Aquafitness / Chantecler</b>		Monday 11:00 to noon	April 9 to June 11		Safe and complete water workout
<b>Nature Cardio / Aerobic Corridor</b>		Tuesday 9:15 to 10:30	April 10 to June 12		Cardio strengthening outdoor
<b>Aquafitness / Manoir de la Vallée</b>		Tuesday 9:30 to 10:30	April 10 to June 12		Safe and complete water workout
<b>Aquafitness / Manoir de la Vallée</b>		Tuesday 10:45 to 11:45	April 10 to June 12		Safe and complete water workout
<b>Combo 50+ / St-Eugène Hall</b>		Tuesday 9:30 to 10:30	April 10 to June 12		Overall workout, improve strength and vitality
<b>Stretch and Strengthen / St-Eugène Hall</b>		Wed. 9:15 to 10:30	April 11 to June 13		Improve posture, relieve pain, become more supple
<b>Stretch and Strengthen / Community Hall</b>		Wed. 11:00 to noon	April 11 to June 13		Improve posture, relieve pain, become more supple
<b>Stretch and Strengthen / St-Eugène Hall</b>		Wed. 17:30 to 18:30	April 11 to June 13		Increase range of motion, relieve stress
<b>Cardio Drum / St-Eugène Hall</b>		Thurs. 9:30 to 10:30	April 12 to June 14		Cardio dance, coordination, strengthening. Really fun!
<b>Hatha Yoga / Community Hall</b>		Thurs. 17:30 to 18:45	April 12 to June 14		Breath, postures, inner transformation
<b>Hatha Yoga / Community Hall</b>		Thurs. 19:00 to 20:15	April 12 to June 14		Breath, challenging Vinyasa, transformation
<b>Eccentrics &amp; Pilates / St-Eugène Hall</b>		Friday 9:30 to 10:30	April 13 to June 15		Strengthen and lengthen your muscles
<b>Qi Gong / Community Hall</b>	Friday 9:45 to 10:45	April 13 to June 15	Body / mind health and stress relief. Lummis Park weather permitting.		
<b>Stretching / Community Hall</b>	Friday 11:00 to noon	April 13 to June 15	Gentle all around stretching, restorative		
<b>Tai Chi Yang stretch and meditation / Community Hall</b>	\$120 per session	Tuesday 10:45 to 12:15	April 3 to May 22	Michelle Gendron 450 712-6834	Increase mind and physical abilities
<b>Gentle Yoga / Community Hall</b>	\$85 per session (8 classes)	Thurs. 10:45 to noon	May 3 to June 21	Donna Berry 450 226-1311	Yoga for stiff and injured bodies
<b>Karate / Community Hall</b>	*	Friday 17:30 to 18:30	Until June 15	Shihan Gilles Labelle 450 432-4570	Develop concentration, increase physical fitness. Children 5 and up and adults.
<b>Wu Style Tai Chi Chuan / Community Hall</b>	R:\$140 NR:\$145	Saturday 9:00 to 10:30	March 31 to June 30 (no class on April 7 and May 26)	Robert Lee 450 227-8829 or leerobertmh@gmail.com	For harmony of the mind and body and your health
<b>Creative Dance / Community Hall</b>	**	Sunday 10:15 to 11:15	Until June 10 (no class on April 8)	Isabeau 514 608-3381	3 1/2 to 5 years old
<b>Primary Ballet / Community Hall</b>		Sunday 11:15 to 12:30			6 to 7 years old
<b>Standard Ballet 1 - Grade 1 / Community Hall</b>		Sunday 12:30 to 14:00			8 to 11 years old
<b>Ballet Grade 3 / Community Hall</b>		Sunday 14:00 to 15:30 Tuesday 18:00 to 19:30			12 to 16 years old
<b>Ballet adults / Community Hall</b>		Sunday 17:30 to 19:30 Tuesday 19:30 to 21:00			Points from 19:00 to 19:30 on Sundays
<b>SUMMER SESSION</b>					
<b>Eccentrics &amp; Pilates / St-Eugène Hall</b>	Pass or card	Tuesday 9:15 to 10:15	June 26 to August 28	<b>Reserve a spot:</b> Lisa McLellan 450 530-3920 Register on the first class, schedule subject to change, 7 participants min.  <b>See spring session</b> <b>rates</b>  10-week <b>SUMMER</b> session  <b>Join anytime</b> <b>during a session!</b>	Strengthen and lengthen your muscles
<b>Aquafitness / Manoir de la Vallée</b>		Tuesday 9:30 to 10:30	June 26 to August 28		Safe and complete water workout
<b>Aquafitness / Manoir de la Vallée</b>		Tuesday 10:45 to 11:45	June 26 to August 28		Safe and complete water workout
<b>Combo 50+ / Community Hall</b>		Tuesday 9:30 to 10:30	June 26 to August 28		Overall workout, improve strength and vitality
<b>Stretch and Strengthen / Community Hall</b>		Wed. 9:30 to 10:30	June 27 to August 29		Improve posture, relieve pain, become more supple
<b>Stretch and Strengthen / Community Hall</b>		Wed. 10:45 to 11:45	June 27 to August 29		Improve posture, relieve pain, become more supple
<b>Qi Gong / Lummis Park</b>		Thurs. 8:30 to 9:15	June 28 to August 30		Body / mind health and stress relief
<b>Body Design - Cardio Drum / St-Eugène Hall</b>		Thurs. 9:30 to 10:30	June 28 to August 30		Dance cardio, strengthening and mat work
<b>Aquafitness / Manoir La Vallée</b>		Thurs. 9:30 à 10:30	June 28 to August 30		Safe and complete water workout
<b>Aquafitness / Manoir La Vallée</b>		Thurs. 10:45 à 11:45	June 28 to August 30		Safe and complete water workout

**FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR**

### Legend

R: resident

NR: non resident

\*: The cost depend of the time of the inscription (1, 3, 5, or 10 months). Two free trial classes

\*\*.: see instructor for more information