

## SCHEDULE

SEPTEMBER 2015 TO JUNE 2016\*

**The center is open weekly** from 6 am to 10 pm  
**and on weekends** from 8 am to 5 pm, beginning September 7<sup>th</sup>

### Gym

6 am to 10 pm weekly and 8 am to 5 pm on weekends

### Weight Training

6 am to 10 pm weekly and 8 am to 5 pm on weekends

### Pool (Until June 26<sup>th</sup>)

	LAPS	FREE SWIMMING
<b>Monday</b>	11:30 am to 12:55 pm <b>and</b> 7:30 pm to 8:25 pm	
<b>Tuesday</b>	6:45 am to 7:40 am, 12pm to 12:55 pm <b>and</b> 8 pm - 8:55 pm	
<b>Wednesday</b>	11:30 am to 12:55 pm <b>and</b> 7:30 pm to 8:25 pm	6:30 pm to 7:25 pm
<b>Thursday</b>	6:45 am to 7:40 am, 12pm to 12:55 pm <b>and</b> 7:30 pm to 8:25 pm	
<b>Friday</b>	12pm to 12:55 pm	<b>Family</b> 6:30 pm to 8 pm
<b>Saturday</b>	12pm to 12:55 pm	1 pm to 2:30 pm
<b>Sunday</b>		1 pm to 2:30 pm

### Rink (Until April 24<sup>th</sup>)

Free skating: **Sunday** from 12 pm to 12:50 pm  
Free hockey: **Tuesday and Friday** from 11:30 am to 12:50 pm  
(Full equipment required, 16 years and up)

### Squash/wally-ball

Open from 6 am to 10pm weekly and from 8 am to 5 pm on weekends  
Squash meetings on **Tuesdays** from 5 pm to 7:30 pm  
Friendly league on **Mondays** from 6 pm to 8 pm

### Dek hockey

Spring 2016

**Check the full schedule of activities, rates and the Summer schedule at [sport-absolu.com](http://sport-absolu.com)**

\*Schedule subject to change at sole discretion of Complexe sport Absolu management.



15, Jacques-Cartier Nord street, Pavillon Vanier,  
Saint-Jean-sur-Richelieu T **450-358-6604**

**SPORT-ABSOLU.COM**

## GROUP CLASSES

<b>AFC</b>	Build your abs, stiffen your buttocks and tone your thighs.
<b>Aqua aerobics</b>	Class with music and gear in water of varying depth. Also adapted for pregnant women.
<b>Aquajogging</b>	A more strenuous program in deep water only combining muscle building with cardio segments.
<b>Boot Camp</b>	Intensive training based on a set course of exercises.
<b>Cardio Boomer</b>	Endurance session designed for individuals aged 55 and over
<b>Training circuit</b>	Join our coach in the training room to complete a supervised cardio and muscle building program.
<b>Swimming coaching</b>	Prior to the laps session, our coach will help you improve your technique and suggest specific training exercises.
<b>Endurance</b>	Cardio and muscle building circuits designed to tone each muscle group.
<b>Pilates</b>	This class puts emphasis on improving muscle strength, posture, body alignment and breathing.
<b>Spinning</b>	An unusual bike ride featuring ascents, descents and sprints
<b>Super Aqua Fun</b>	Each week, your trainer will surprise you with a set of exercises in water of varying depth to build your muscle strength and your endurance.
<b>Super workout</b>	Guaranteed fun and sweat, 90 minutes of cardio and muscle building exercises.
<b>Endurance Tae-Boxe</b>	A training program based on martial arts and boxing. Explosive cardio and muscle building exercises.
<b>Tabata</b>	High-Intensity Interval Training (HIIT) to improve athletic capacity and generate weight loss.
<b>Flexibility Yoga</b>	Often neglected, flexibility is an essential component of a good physical condition.
<b>Zumba</b>	Follow the rhythm of Latino and international music and break a sweat.



## LE DÉFI ABSOLU



3,8 KM



180 KM



42,2 KM

THE CHALLENGE

### STRIVE FOR YOUR GOLD

As part of a team of at most 5 people and following a 12 week training program, give your best to complete an Ironman™ style event. Full details at the Complexe sport Absolu reception desk.

**Awaken the triathlete in you as of February 8<sup>th</sup>, 2016.**



## ABSOLU DETERMINATION PROGRAM

### GET IN SHAPE FOR SPRING

A complete 12 week program designed to help you shed those winter pounds. Full details at the Complexe sport Absolu reception desk.

**Find the balance as of January, 2016.**

GROUP CLASS

WEIGHT TRAINING

Do your thing, be in shape

GYM

POOL

RINK



**SOMETHING  
FOR EVERYONE,  
EVERY BUDGET AND  
EVERY PREFERENCE**



**COMPLEXE SPORT  
ABSOLU**

THE BIGGEST SELECTION OF ACTIVITIES

LOCATED ON THE CAMPUS OF THE ROYAL MILITARY COLLEGE OF SAINT-JEAN

SPORT-ABSOLU.COM

## SOMETHING FOR EVERYONE OF ALL AGES

Most neighborhood gyms offer a limited range of services for either men or women, and seldom for seniors, teens or children. Only the Complexe sport Absolu provides skilled coaching to everyone, as well as easy access to the largest selection of sports facilities in the region. And with the Coin Youhou!, no more searching and waiting for a babysitter.

## EVEN THE PERFECT BIRTHDAY PARTY

Come celebrate your child's birthday with the help of the fun-loving staff of Camp Youhou! Three entertaining themes, group sports, swimming, game playing and many amusing activities are part of the magic. A team leader takes full charge of the group for a 3 hour period. You even have access to a private room to enjoy the cake and exchange gifts. To make a reservation or obtain more information, send us a note:

[julie.lavoie@campyouhou.com](mailto:julie.lavoie@campyouhou.com)

## EVERY BUDGET

If you are a student, a single adult, a parent or a senior, there is a package that is just right for you and your budget. For instance, under an annual family membership, it is always free for the children.

**You have the means to be in shape.**



See the schedule  
of the day-care center at  
[sport-absolu.com](http://sport-absolu.com)



## AND EVERY PREFERENCE

By joining the Complexe sport Absolu, you get access to the largest selection of sports facilities in the region complete with training room, gym, pool, rink, squash courts, Dek hockey, and more.

You also get free access to an unlimited number of group classes: spinning, endurance, water aerobics, yoga, tabata, etc.

Joining the Complexe sport Absolu also makes you eligible for the many member privileges, which include: sauna, secure lockers, priority registration and preferential renewal rates.

You also get the helpful support and advice of a well-trained team of trainers and coaches: personalized programs, supervised training, group classes and a lot more.

**Today is the perfect day to get in shape.**

