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 7th

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 26th)

Pool (until June 26")	
LAPS	FREE SWIMMING
11:30 am to 12:55 pm and 7:30 pm to 8:25 pm	
6:45 am to 7:40 am, 12 pm to 12:55 pm and 8 pm - 8:55 pm	
11:30 am to 12:55 pm and 7:30 pm to 8:25 pm	6:30 pm to 7:25 pm
6:45 am to 7:40 am, 12 pm to 12:55 pm and 7:30 pm to 8:25 pm	
12pm to 12:55 pm	Family 6:30 pm to 8 pm
12 pm to 12:55 pm	1 pm to 2:30 pm
	1 pm to 2:30 pm
	LAPS 11:30 am to 12:55 pm and 7:30 pm to 8:25 pm 6:45 am to 7:40 am, 12pm to 12:55 pm and 8 pm - 8:55 pm 11:30 am to 12:55 pm and 7:30 pm to 8:25 pm 6:45 am to 7:40 am, 12pm to 12:55 pm and 7:30 pm to 8:25 pm 12pm to 12:55 pm

Rink (Until April 24th)

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 10 pm 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

*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













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 8th, 2016.





GET IN SHAPE FOR SPRING

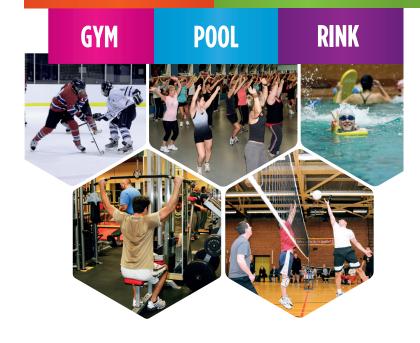
A complete 12 week program designed to help you shed those winter pounds. Full details at the Complexe sport Absolu reception desk.

Find the balance as of January, 2016.

GROUP CLASS

WEIGHT TRAINING

Do your thing, be in shape



SOMETHING FOR EVERYONE, EVERY BUDGET AND EVERY PREFERENCE



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

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.

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.



