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Class / Location	Rates	Schedule	Dates	Instructor	Description
Stretch & Strengthen / Community Hall	Pass or card	Monday 9:30 to 10:30	January 16 to April 3	Lisa McLellan For more info: **450 560-2803** **www.agesmartfitness.com** lisamclellan07@gmail.com Small groups, individual attention! **Call now to reserve your places! Registrations on the first class** **Passe Fitness** NR : $5 more $240 + tx **(2 classes/ week** $264 + tx **(3 classes or more/ week)** **Card (10 classes):** $120 + tx *12-week session* **Join anytime during a session**	Improve posture, range of motion and relieve pain.
NEW! **Combo 50+ (cardio) / St-Eugène Hall**		Tuesday 9:00 to 9:20	January 17 to April 4		Advanced cardio for those who want more!
Combo 50+ / St-Eugène Hall		Tuesday 9:30 to 10:30	January 17 to April 4		Overall workout to improve strength and prevent chronic disease.
Pilates Fusion / Community Hall		Wed. 9:30 to 10:30	January 18 to April 5		Improve posture, strengthen and lengthen, relieve pain (intermediate).
NEW! **Taijifit & Stretch / Community Hall**		Wed. 10:45 to 11:45	January 18 to April 5		Body & mind balance, pain relief, strength and flexibility.
Stretch & Strengthen / St-Eugène Hall		Wed. 17:30 to 18:30	January 18 to April 5		Stretch, strengthen and relaxation.
Yin Yang Training / St-Eugène Hall		Thursday 10:30 to 11:30	January 19 to April 6		Improve strength and endurance and find peace of mind.
Vinyasa Yoga / Community Hall		Thursday 17:30 to 18:45	January 19 to April 6		For clarity, self knowledge, flexibility and strength.
Vinyasa Yoga / Community Hall		Friday 9:15 to 10:30	January 20 to April 7		
Stretch & Strengthen / Community Hall		Friday 10:45 to 11:45	January 20 to April 7		Restorative. Improve posture, range of motion and relieve pain.
Essentrics / Community Hall	12-week session R: $144 NR: $150 REGISTRATION REQUIRED!	Monday 11:00 to 12:00	January 9 to March 27	Ginette Ouimet **Essentrics certified instructor level 3** 450 543-0308 essentricsavecginette@gmail.com essentricsavecginette.vpweb.ca	Muscular strengthening technique : balances the whole body, releases the joints, improves posture and increases flexibility. Therapeutic technique adapted for all conditions. 15 participants maximum.
Yoga and meditation / Community Hall	**	Monday 16:30 to 18:30	January to April	Louise Bloom 450 226-5844	Hatha yoga, meditation and spiritual disciplines.
NEW! **Broadway Theatre School (all ages up to 15, taught in English) / St-Eugène Hall**	10-week session R: $120 NR: $130	Monday 17:30 to 18:30 or Saturday 12:00 to 13:00	January 7 to March 11	Nicola-Dawn Brook 514 758-2131 nicola.brook@gmail.com	Learn sing, dance and act with a tutor direct from the West End & Broadway stage (credits: Kinky Boots, Mamma Mia, Fame, Cirque du soleil).
Taï Chi Yang stretch and meditation / Community Hall	R: $120 NR: $125	Tuesday 10:30 to 11:45	February 21 to April 4	Michelle Gendron 450 712-6834 ecoledetaichilibre.com	Increase mind and physical abilities. Join anytime during a session!

Class / Location	Rates	Schedule	Dates	Instructor	Description
Italian beginner 1 / St-Eugène	R: $120 NR: $125 (+ $30 for the book)	Tuesday 18:45 to 20:15	January 17 to March 14	Franca Collavoli francacollavoli@live.ca 450 562-8095	Book: L'italiano per tutti by Bruno Villata, Terza Edizione.
Italian beginner 2 / St-Eugène	R: $160 NR: $165	Tuesday 14:30 to 16:00 or 17:00 to 18:30	January 17 to March 14		Taught in Italian only. Knowledge of the irregular verbs and the the three conjugations required. Same book than level 1.
NEW! **Italian beginner 4 / St-Eugène**	R: $160 NR: $165	Monday 17:00 to 19:00	January 16 to March 13		Taught in Italian only. Knowledge of the three conjugations, irregular verbs in the present, past and future and of simple and complex prepositions required. Same book.
NEW! **Cardio Snowshoe / Basler Park**	10-week session $105 +tx / 1 class per week or $145 +tx / 2 classes per week	Wednesday 13:30 to 14:30 Saturday 10:00 to 11:00	January 11 to March 15	**Cardio Plein Air** certified trainers Register on **www.cardiopleinair.com** or via Julie Raymond 450 643-0465 st-sauveur@cardiopleinair.ca	Training designed for winter lovers who want to get fit while enjoying this sport accessible to all.
Karate / Community Hall	*	Friday 17:30 to 18:30	January to June	Kyoshi Gilles Labelle 450 431-1444 or lgilles.budo@gmail.com	Develops concentration, respect, self-confidence and increases physical fitness. Gives children tools to avoid bullying. Children 5 and up and adults. Two free trial classes.
Wu Style Taï Chi Chuan / Community Hall	R: $140 NR: $145	Saturday 9:00 to 10:30	January 7 to March 25	Robert Lee 450 227-8829 or leerobertmh@gmail.com	Relaxation, tonification of the muscles and joints, stimulation of the energy and health, improvement to equilibrium.
Traditional Scottish Highland Dancing / Community Hall	R: $60 NR: $70	Sunday 16:00 to 17:30	January 8 to March 19	Heather McNabb 514 486-3480 or heatheramcnabb@hotmail.com	For children and adolescents 6 years of age and older.
Creative Dance / Community Hall	**	Sunday 9:15 to 10:15 Sunday 10:15 to 11:15 Tuesday 18:00 to 19:00	January to June	Isabeau 514 608-3381	31/2 to 5 years old
Primary Ballet / Community Hall	**	Sunday 11:15 to 12:30			6 to 7 years old
Ballet Grade 1 / Community Hall	**	Sunday 12:30 to 14:00			8 to 11 years old
Ballet Grade 2 and 3 / Community Hall	**	Sunday 14:00 to 15:30 Friday 18:45 to 20:15			12 to 14 years old
Ballet Grade 4 and adults / Community Hall	**	Sunday 14:00 to 15:30 Tuesday 19:00 to 20:30 Friday 20:15 to 21:45			13 to 18 years old and up. Points from 20:30 to 21:00 on Tuesday.