

Summer Package: Get moving in Morin-Heights this summer!

FORFAIT ESTIVAL SUMMER PACKAGE



Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Samedi Saturday
10 : 30 Cardio-Latino	9 : 00 Marche nordique nordic walk	9 : 00 Yoga (75 mins)	10 : 00 Tae-boxe	9 : 00 Cours variés varied courses

1 seul prix pour
le forfait illimité!

Début 26 juin (8 semaines)

18 : 30
Cardio-Tonus
Cardio-Toning

1 price for
the unlimited deal!

Starts June 26th (8 weeks)

85 \$ citoyen /citizen
120 \$ non-résident / non-resident

Inscription / Registration : morinheights.com
Chalet Bellevue 450-226-3232 (132)



- Unlimited package: 1 price for access to all classes
- This is your chance to try out different courses!
- No classes during construction vacation
- Classes held indoors and outdoors, something for everyone!

- Class locations :
 - Monday: Cardio-Latino - Chalet Bellevue
 - Tuesday: Nordic Walking - Aerobic Corridor
 - Wednesday am: Yoga – Lummis Park
 - Wednesday pm: Cardio-Tonus – Basler Park
 - Thursday: Tae-Boxing - Chalet Bellevue
 - Saturday: Various classes – Basler Park

- Saturday schedule (various classes) :

July 1	Yoga
July 8	Nordic walk
July 15	Cardio-Toning
July 22	Yoga
July 29	<i>On vacation– no classes</i>
August 5	<i>On vacation – no classes</i>
August 12	Nordic walk
August 19	Cardio-Toning
August 26	Yoga
September 2	Nordic walk

- Equipment required:
 - walking poles lent on site
 - please bring a mat for yoga and cardio tonus classes