

Free activities!

From April 1 to 30, 2019

Register to *Health Challenge* by
March 31, 2019: www.defisante.ca

Health Challenge

Municipalities & families



Discovery MONDAY

at the Omni-Centre

APRIL 1, 7 p.m.: Training with the Mayor - Bootcamp
APRIL 8, 10:30 p.m.: Yoga
APRIL 15, 7:15 p.m.: Cardio-Interval
APRIL 22, 1 p.m.: Fit and Tone
APRIL 29, 8:30 p.m.: Abs/Core



Pickleball TUESDAY

at the Omni-Centre

APRIL 8, 15, 22 and 29:
PickleBall, from noon to 2 p.m.



Relaxation THURSDAY

APRIL 4, 6 p.m., Chêne-Bleu School: Yoga beginner
APRIL 11, p.m., Omni-Centre :
Mouvement conscient anti-stress
RESERVATION MANDATORY
APRIL 18, 7 p.m., Chêne-Bleu School: Yoga avanced
APRIL 25 : ÉcoFitness FREE (All day)



Adrenaline FRIDAY

APRIL 12, Notre-Dame-de-Lorette School
6:30 p.m.: Circus Initiation (6-9 yrs)
7:45 p.m.: Circus Initiation (9-12 yrs)



Active SATURDAY

at the Omni-Centre

APRIL 6, 13, 20 and 27, 2 p.m. to 4 p.m.:
Family Open Gym



Family SUNDAY

APRIL 7, 14, 21 and 28:
11 a.m., Chêne-Bleu School:
Free Hockey Cosom (7-14 yrs) Parents/Children
13 h, Omni-Centre
Free Badminton
RESERVATION MANDATORY