

OUTDOOR SUMMER ACTIVITIES

June 23 to August 9

FREE

Let's get **moving**, this summer!

A variety of activities are offered to help improve your fitness or just take a moment for yourself.

Don't miss out!

Open participation - No registration required.

Check the Town of Pincourt's Facebook page for updates and the B-Citi notifications (recreation and culture).
In case of bad weather, the activity will be cancelled.

BOOT CAMP

A full-body workout to build strength and endurance, using the park's fitness equipment.

Thursday: 7:30 p.m. to 8:30 p.m.

Taillon Park

Teens and adults

Bring a pair of weights and a yoga mat.

CARDIO INTERVAL

High-intensity workouts with strength intervals.

Monday and Wednesday: 7 p.m. to 8 p.m.

Place Bellevue, Bellevue Park

Families

Bring a pair of weights and a yoga mat.

OUTDOOR YOGA

Take your yoga practice outdoors for the summer season!

Place Bellevue, Bellevue Park

Monday: 10:30 a.m. to 11:30 a.m.

Tuesday: 6:30 p.m. to 7:30 p.m.

Teens and adults

FAMILY YOGA

Saturday: 10:30 a.m. to 11:30 a.m.

Families

CHAIR YOGA **50+**

Tuesday and Friday: 10:30 a.m. to 11:30 a.m.

(August 8: session exceptionally held at Olympique Park)

Ages 50+

OUTDOOR ZUMBA GOLD **50+**

This fitness class blends cardio and strength with Latin-inspired dance moves.

Tuesday and Thursday: 10:30 a.m. to 11:30 a.m.

(August 5 and 7 sessions: exceptionally held at Olympique Park)

Place Bellevue, Bellevue Park

Ages 50+

New BIKE GEOCACHING TRAIL



July 1 to August 31
Start: Bellevue Park

A fun geocaching cycling route is now available to help you discover the town in a new way! **Scan the QR code** on the first sign at Bellevue Park to find your first destination, then hop on your bike and head there. Each completed challenge reveals your next stop..

Perfect for families with kids aged 7 to 12

Duration: about 60 minutes

Bike ride: approx. 5.5 km

Only one person per group needs to scan the QR code on the first sign to start the activity via the free Parcour Ludiques app.