



Sablon Fit



Wheelchair accessible

Together for a healthy
community



LA CORPORATION DU CENTRE DU SABLON
755, Chemin du Sablon, Laval (Quebec) H7W 4H5
Tél. (450) 688-8961 Fax (450) 688-8969

Opening Hours

Weekdays	7:00 am to 10:00 pm
Weekend	8:00 am to 8:00 pm

Membership (basic program included)

Annual membership card of
\$19.50 is mandatory (Non refundable)

1 day access	\$10 + tax	
1 month	\$35 + tax	
3 months	\$33 + tax	\$99 + tax
12 months	\$19 + tax	\$228 + tax

Sablon Fit packages

Family package (20% discount)	3 or more individuals living at the same address. The subscription is for 12 months.
Couple's package (15% discount)	2 persons living at the same address. The subscription is for 12 months.
Student's package (25% discount)	For students with a valid student card. The subscription is for 12 months.
Seniors package (15% discount)	For seniors over 55 years old. The subscription is for 12 months.

Additional Services

Person Training	Personal training helps you reach your goals faster and safer. We offer you a training program tailored to your objectives based on your physical condition.	
Pricing	1 session	\$30 + tax
	3 sessions	\$75 + tax
	5 sessions	\$100 + tax

Tests & evaluations

BMI test	\$13 + tax	Let 's you know your healthy weight and helps you set a realistic goal for weight control.
BMI Test + Cardio test	\$30 + tax	This test is recommended for clients who are less active or who suffer from health issues and/or limitations. The test helps to establish a safe training program based on your actual health condition.
Complete evaluation	\$50 + tax	A series of tests that help your trainer determine your cardio and strength status. The BMI test is included.

Trainers

	Leina Flores Trainer
	Rudy Leger Trainer
	Connie Kormas Trainer
	Marie Valderrama Trainer

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mobility-Flexibility 9:00 - 9:50 am Leina Sablon Fit	Classic Stretching 7:00 - 7:50 pm Marie Sablon Fit	Basic Strength 10:00-10:50 am Leina Sablon Fit	Boot camp Warrior 10:00-10:50 am Connie Aerobic Room Classic Stretching 7:00-7:50 pm Marie Sablon Fit	Tabata Boot camp 7:00 - 7:50 pm Connie Aerobic Room	Fat Burn 10:00-11:00 am Rudy Sablon Fit

Free access to open swim: schedule available to pick up at the front desk.

Free basic program for initiation.