SABLON

Fit

Program



Centre du Sablon

Description

SABLON Fit

WEIGHT ROOM INFORMATION

Opening Hours:

Monday to Friday: 6:30 AM – 10:00 PM

Saturday and Sunday: 8:00 AM – 6:00 PM

FLOOR GYMNASTICS		
Age Group	**Time**	**Location**
1 MONTH	50,00 $ +tx	50,00$ + tx
3 MONTHS*	135,00$ +tx	45,00$ + tx
6 MONTHS*	270,00$ +tx	45,00$ + tx
Course description: Participants learn forward rolls, cartwheels, balances, jumps, and supports while developing their coordination, flexibility, balance, and confidence on the mats.	480,00$ + tx	40,00$ + tx
BALLET & TAP	420,00$ + tx	35,00$ + tx
Age Group		

OTHER OPTIONS		
SABLON-FIT ACCESS OPTIONS	**PRICE**	**HOW IT WORKS**
Course description: This discipline combines the graceful movements of ballet with the rhythmic sounds of tap. Participants learn dance steps, footwork, and combinations while developing their coordination, musicality, and self-confidence.	15,00$+ tx	No registration required. Simply stop by the front desk to purchase a one-day trial pass.
CONTEMPORARY DANCE	5,00$+ tx	You can use the weight room while waiting for your child to finish their class. This offer is available exclusively to parents of children enrolled in classes at Centre du Sablon.
Age Group	Time	Location

Descriptions

SABLON Fit

SABLON FIT

STEP UP – FORCE, CARDIO & SCULPT							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adult (Élite membership)	Monday	18h	35$	Talar	Aerobics room	14 weeks	2027-01-05
Adult	Monday	19h35	35$	Talar	Aerobics room	12 weeks	2027-01-07
Class Description: A full-body workout combining step cardio and strength training. This class improves endurance, strength, coordination, and muscle tone through dynamic exercises and energizing intervals. Suitable for all fitness levels, it helps improve overall fitness in a motivating atmosphere.							

MOVE & TONE							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adult	Day	Time	Cost	Instructor	Location	Duration	Start Date
Class Description: A full-body workout combining low-impact cardio with toning exercises to strengthen muscles and improve mobility, balance, and core stability. Suitable for all fitness levels, this class promotes overall fitness and endurance, and ends with stretching to support optimal recovery.							

AERO- TONING							
Client	Sunday	Time	Cost	Instructor	Local	Duration	Start Date
Adult	Friday	19h	35$	Elena	Aerobics room	12 weeks	2027-01-08
Class Description: Set to upbeat music, this workout combines cardio, bodyweight exercises, and light equipment to improve cardiovascular endurance, coordination, strength, and muscle tone. Ideal for burning calories and improving overall fitness.							

ZUMBA								
Style	Day	Time	Cost	Instructor	Local	Duration	Start Date	Client
Zumba	Adult	Tuesday	19h	35$	Sophie	Aerobics room	12 weeks	2027-01-05
Zumba (noon)	Adult	Wed	12h	35$	Tsolena	Aerobics room	12 weeks	2027-01-06
Zumba + lift (w/ weights)	Monday	Saturday	10h	35$	Tsolena	Aerobics room	12 weeks	2027-01-09
Zumba fit Tone (w/ weights)	Adult (intermediate)	Friday	12h	35$	Mey Mey	Aerobics room	12 weeks	2027-01-08
Description du cours: Zumba régulier est un entraînement cardio inspiré de la danse sur des rythmes latins et internationaux. Grâce à des chorégraphies simples et à l'entraînement par intervalles, ce cours améliore l'endurance, la coordination et favorise la dépense calorique. Aucune expérience en danse n'est requise. Tandis que Zumba Lift et zumba fit Tone combine des mouvements de danse énergiques, du cardio et des exercices de renforcement avec poids légers pour un entraînement complet. Ce cours améliore l'endurance, la coordination, la force et le tonus dans une ambiance dynamique, musicale et adaptée à tous les niveaux.								

Descriptions

SABLON Fit

SABLON FIT

GENTLE TONING							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adults	Wednesday	12h	35$	Tsolena	Aerobics room	12 weeks	2027-01-06
Class Description: A full-body workout combining low-impact cardio and toning exercises to strengthen muscles and improve mobility, balance, and core stability. Suitable for all fitness levels, this class builds endurance and overall fitness, and finishes with stretching to promote recovery.							
YOGA TONUS							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adults	Saturday	9h	160$	Hooma	Aerobics room	12 weeks	2027-01-09
Class Description: A class combining yoga poses and strength training to improve strength, flexibility, balance, and core stability. Suitable for all fitness levels, it promotes better posture, builds muscle tone, and supports overall physical and mental well-being.							
TOTAL BODY BURN							
Client	Sunday	Time	Cost	Instructor	Local	Duration	Start Date
Adults	Wednesday	19h	35$	Talar	Aerobics room	12 weeks	2027-01-06
Adults	Vendredi	10h	35$	Talar	Aerobics room	12 weeks	2027-01-08
Class Description: A high-energy cardio workout combining boxing, martial arts, and aerobic movements. It improves cardiovascular fitness, strength, coordination, and agility through bodyweight exercises. Suitable for all fitness levels, this class also builds endurance and core control.							
FUNCTIONAL STRENGTH & BALANCE							
Client	Wednesday	Time	Cost	Instructor	Aerobics Room	14 weeks	Start Date
Adult (30 minutes)	Thursday	10h	50$	Isabella	Aerobics room	12 weeks	2027-01-03
Class Description: A full-body workout focused on functional strength, stability, and balance. It combines bodyweight exercises, free weights, and controlled movements to improve posture, coordination, and help prevent injuries. Suitable for all fitness levels, this class emphasizes proper technique and controlled movements.							
Course description: This discipline explores movement, bodily expression, and creativity through free and varied combinations. Certified by the British Dance Association, our instructor supports participants as they develop their musicality, coordination, and confidence.							
CHEERLEADING	Day	Time	Cost	Instructor	Local	Duration	Start Date
Age Group	Day	Time	Cost	Instructor	Location	Duration	Start Date
Class Description: A dynamic walking workout using specially designed walking poles to engage the upper body. This class helps improve posture, balance, endurance, and overall fitness.							

Programming

SABLON Fit

SABLON FIT

EXERCISES: RANGE OF MOTION (ROM)							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adult (30 minutes)	Thurday	17h15	50$	Adam	Aerobics room	12 weeks	2027-01-07
Class Description: This class combines mindful breathing and fluid movements to improve mobility, flexibility, and posture. Suitable for all fitness levels, it promotes relaxation, reduces stress, and helps develop greater body awareness.							
PILAYOGA							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adultes	TBD	TBD	TBD	TBD	TBD	12 weeks	TBD
Class Description: This class combines Pilates and yoga to build strength, flexibility, balance, and stability. Through fluid movements, core strengthening, and mindful breathing, it improves posture and body awareness, with modifications available for all fitness levels.							
PILATES FITNESS							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adult	Saturday	11h	160$	Hooma	Aerobics room	12 weeks	2027-01-09
Class Description: In this class, you will perform mat-based exercises focusing primarily on core muscles and thoracic breathing. All exercises are adapted to respect each participant's individual abilities and limitations.							
TAI CHI							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adult	Monday	10h	160$	Sonia	Aerobics room	12 weeks	2027-01-04
Class Description: Tai Chi is a gentle practice that combines fluid movements, breathing, and mindfulness to improve balance, flexibility, posture, and overall well-being. Suitable for all fitness levels, it promotes relaxation, reduces stress, and helps develop strength, stability, and mobility.							

Programming

SABLON Fit

SABLON FIT

TEEN TITANS							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adolescents (8-13 y/o)	Saturday	14h	160$	Philippe	Sablon-fit	12 weeks	2027-01-27
Class Description: This program teaches young people the fundamentals of nutrition and exercise to help them develop healthy lifestyle habits. They also learn proper training techniques to improve posture, build physical fitness, and prevent injuries.							
INTRO TO STRENGTH TRAINING							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adolescents (14-16 y/o)	Saturday	14h	160$	Philippe	Sablon-fit	12 weeks	2027-01-27
Class Description: This class introduces teens to strength training by teaching them the fundamentals, safe equipment use, and proper exercise techniques. In a supervised and motivating environment, participants build confidence, improve coordination, and develop healthy lifestyle habits.							
SKY KICK							
Adult	Tuesday	12h	35$	Mikhaela	Sablon-fit	12 weeks	2027-01-05
Adult	Thursda	12h	35$		Sablon-fit	12 weeks	2027-01-07
Class Description: This class introduces adults to Sky Kick, teaching the fundamentals, striking techniques, footwork, and cardiovascular endurance. In a supervised and motivating environment, participants build confidence, improve coordination, and develop healthy lifestyle habits							
SKY KICK FLOW							
Adult	Monday	12h	35$	Mikhaela	Sablon-fit	12 weeks	2027-01-04
Adult	Wednesday	18h	35$	Mikhaela	Sablon-fit	12 weeks	2027-01-22
Class Description: This class introduces adults to Sky Kick Flow, teaching the fundamentals, fluid movement sequences, mobility, and proper exercise techniques. In a supervised and motivating environment, participants improve balance, flexibility, and movement control.							
BALADI EXPRESS							
Adult	Thursday	18h	50$	Marie-Claire	Aerobics room	8 weeks	2027-01-07
Half-Hour Baladi – Beginners (30 Minutes) Baladi is a dynamic and expressive Egyptian dance that focuses on hip movements and rhythm. This 30-minute class is specially designed for beginners, and no previous experience is required! Come move with confidence, have fun, and discover this unique dance style in a friendly and welcoming atmosphere.							
BALADI							
Adultes	Thursday	18h30	125$	Marie-Claire	Aerobics room	8 weeks	2027-01-07
Description du cours : Le baladi est une danse égyptienne dynamique et expressive, mettant l'accent sur les mouvements des hanches et le rythme. Ce cours vous invite à bouger avec confiance, à vous amuser et à découvrir ce style de danse unique dans une ambiance conviviale.							

Programming

SABLON Fit

SABLON FIT

ABS & CORE							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adult	Monday	19h	35$	Talar	Aerobics room	12 weeks	2027-01-04
Class Description: A dynamic workout focused on strengthening and toning the abdominal and gluteal muscles. Through a variety of exercises, you'll target your core, glutes, and posture. Suitable for all fitness levels, this class helps build strength, improve stability, and sculpt your physique.							
POUND							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adult	TBD	TBD	160$	TBD	Aerobics room	12 weeks	TBD
TBD							
JR BOXING							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adolescent (8 to 14 y/o)	Lundi	18h	160$	Steve	Combat room	12 weeks	2027-01-04
Class Description: JR Boxing is a fun and dynamic activity designed for young participants, combining basic boxing techniques, movement, and physical exercises. Participants develop coordination, agility, endurance, and self-confidence in a safe and motivating environment. No previous experience is required, and everyone can progress at their own pace.							
ADULT BOXING							
Client	Day	Time	Cost	Instructor	Local	Duration	Start Date
Adult (15 y/0 +)	Lundi	19h	160$	Steve	Combat room	12 weeks	2027-01-04
Class Description: Adult Boxing is a dynamic activity that teaches basic boxing techniques while improving overall fitness. Sessions focus on building endurance, coordination, strength, and self-confidence in a friendly and motivating atmosphere. Whether you're a beginner or an experienced participant, you can train at your own pace and enjoy all the benefits of this activity.							