

GREAT FOR EVERYONE



Most neighborhood gyms offer a limited range of services for either men or women, and seldom for seniors, youth and younger children.

Only the Complexe Sport Absolu provides **skilled coaching to everyone**, as well as easy access to the largest selection of sports facilities in the region.

And with the Coin Youhou!, no more searching and waiting for a babysitter.

Find out about our children's parties.

Treat yourself and get in shape. Treat yourself to the Complexe Sport Absolu.



Check the child care schedule at sport-absolu.com

SCHEDULE

SEPTEMBER 2014 - JUNE 2015
Schedule subject to change at the discretion of Complexe Sport Absolu.

The center is open weekly from 6 am to 10 pm and on weekends from 8 am to 5 pm, beginning September 1

Gym

6 am to 10 pm weekly and 8 am to 5 pm on weekends

Weight Training

6 am to 10 pm weekly and 8 am to 5 pm on weekends

Pool

	LAPS	FREE SWIMMING
Monday	11:30 am to 12:55 pm and 8 pm to 8:55 pm	
Tuesday	6:45 am to 7:40 am and 12 pm to 12:55 pm and 7:30 pm to 8:25 pm	6:30 pm to 7:25 pm
Wednesday	11:30 am to 12:55 pm and 8 pm to 8:55 pm	
Thursday	6:45 am to 7:40 am and 12 pm to 12:55 pm and 3:30 pm to 4:25 pm (55 years+) and 7:30 pm to 8:25 pm	3:30 pm to 4:25 pm (55 years+) and 6:30 pm to 7:25 pm
Friday	12 pm to 12:55 pm	
Saturday	13 pm to 1:55 pm	2 pm to 3:30 pm
Sunday		1 pm to 2:30 pm

Rink (Until April 26)

Free skating: **Sunday** from 12 pm to 12:50 pm

Free hockey: **Tuesday and Friday** from 11:30 am to 12:50 pm (Full equipment required, 16 years and up)

Saturday Parents & Kids from 4 pm to 4:50 pm (Helmet and visor required)

Squash/wally-ball

Open from 6 am to 10 pm weekly and from 8 am to 5 pm on weekends

Squash meetings on **Tuesdays** from 5 pm to 7:30 pm

Friendly league on **Mondays** from 6 pm to 8 pm

Check the full schedule of activities, rates and the Summer schedule at sport-absolu.com



SPORTS FACILITIES

aerobics • badminton • basketball • deck hockey
cosom hockey • weight training • skating rink • spinning
swimming pool • squash and wallyball
soccer (indoors and outdoors) • tennis • volleyball



COMPLEXE SPORT ABSOLU

THE BIGGEST SELECTION OF ACTIVITIES

15, rue Jacques-Cartier North, Vanier Pavillon, Saint-Jean-sur-Richelieu
(located on the campus of the Royal Military College of St-Jean)

450-358-6604



sport-absolu.com

JOIN THE ABSOLU FAMILY



SIGN UP AND YOU COULD WIN A
\$1,900*

TRAVEL CREDIT*

Les Voyages Frédéric Lapierre Vacances transat

*September 1 to December 23, 2014. Details on site.



COMPLEXE SPORT ABSOLU

THE BIGGEST SELECTION OF ACTIVITIES

LOCATED ON THE CAMPUS OF THE ROYAL MILITARY COLLEGE OF SAINT-JEAN

ABSOLU

SUBSCRIPTION

ABSOLU

DETERMINATION
PROGRAM

LE DÉFI ABSOLU



THE CHALLENGE

THE FUN OF KEEPING IN SHAPE



Starting at
\$26⁶⁷
/ month

Something for everyone of all ages

By joining the Complexe Sport Absolu, you get access to the largest selection of sports facilities in the region complete with training room, gym, pool, rink, squash courts, and more.

You also get free access to an unlimited number of group classes: *spinning, endurance, water aerobics, swimming, yoga, etc.*

Joining the Complexe Sport Absolu also makes you eligible for the many member privileges, which include: sauna, secure lockers, priority registration and preferential renewal rates.

You also get the helpful support and advice of a well-trained team of monitors and coaches: personalized programs, supervised training, group classes and a lot more.



GET BACK IN SHAPE IN 12 WEEKS



Get in shape for Spring

The Absolu Determination program is a complete 12 week program that allows you to shed those winter pounds. It begins and ends with an evaluation of your physical fitness and offers weekly 60 minute group training, followed by 30 minutes of theory on relevant subjects such as dieting, training, proper hydration, weight loss and many others.

Find the balance!



LIVE A TRUE TEAM ADVENTURE



Strive for your gold

Each team, consisting of a maximum of 5 people, follows a supervised training program – swimming, biking, running – over a 12 week period and then completes a sporting event equivalent to the distance of an Ironman™ race. The program also offers 12 weekly 60 minute workshops with a trained specialist in one of the triathlon events, and a workshop on preventing sports injuries with a physiotherapist.

Find the triathlete in you take on the Absolute Challenge! Starting March 2015.



NEW Family weekend rate for

\$10 + taxes / week

Details on site.

sport-absolu.com