

7 villes réunies pour **plus**

d'activités culturelles!

Une sélection de cours et d'ateliers pour adultes vous est proposée **au prix des résidents des sept villes.**

Consultez le site Internet des villes pour plus d'informations :

Adult Workshops - Inter-Municipal Agreement – Winter 2025	
Blainville 450 434-5275 www.blainville.ca	Creative shaping
	Cardio-nordic
	Cardio-racket
	Clay modeling
Boisbriand 450 437-2727 www.ville.boisbriand.qc.ca	English
	Country line dancing
	50+ line dancing
	Spanish
	Powercross
	Ceramics
	Zumba
	Cardio toning
	Cardio stretching
Bois-des-Filion 450 621-1460 www.villebdf.ca	Cardio 50+
	Country Dancing
	Strength training abs, butt & thighs
	Yoga
	Zumba
Lorraine 450 621-8550 www.ville.lorraine.qc.ca	Creative Writing Workshop
	Spanish
	Training with chair and bar
	Qi Gong
	Watercolor
	Yoga
	Zumba
Sainte-Anne-des-Plaines 450 478-0211 www.villesadp.ca	Culinary workshop: Easter cake
	Training 50+
	Zumba
	Country Dancing
Sainte-Thérèse 450 434-1440 www.sainte-therese.ca	Knit crochet
	Drawing creation
	Live model drawing
	Spanish
	Cardio danse and cardio toning
	Urban sketch
	Oil and Acrylic Painting
	Origami workshop
	Fitness
	English
	Artisan soap workshop
	Cardio HIIT express lunchtime 40 minutes
	Nature trail 50+
	Essentrics – reinforcement
	Advanced French
	Stretching and relaxation
	Painting intuitive creation
	Pilates
Piyoga	
Yoga	