

# Health Challenge

Municipalities & families



Here you will find all the details related to the activities. Check the symbols next to each one, as some require a reservation. **(R)**

**You have until March 29 to register to the Health Challenge!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>26 MARCH</b>	<b>27 MARCH</b>	<b>28 MARCH</b>	<b>29 MARCH</b>
<b>2 APRIL</b> 1 pm - 5 pm Omni-Centre Free badminton <b>(P) (R)</b>	<b>3 APRIL</b> 10:30 am - 12 pm Omni-Centre Yoga	<b>4 APRIL</b> 6 pm - 7:15 pm Omni-Centre Beginners Yoga	<b>5 APRIL</b>
<b>9 APRIL</b> NDL School - Sportball 9 am - 10 am 2-3 yrs <b>(F)</b> 10 am - 11 am 3-5 yrs <b>(F)</b> 11 am - 12 pm 5-8 yrs <b>(F)</b> 1 pm - 5 pm Omni-Centre Free badminton <b>(P) (R)</b>	<b>10 APRIL</b> 7:15 pm - 8:15 pm Omni-Centre Cardio-Interval	<b>11 APRIL</b>	<b>12 APRIL</b> 7 pm - 8pm Omni-Centre "Mouvement conscient anti-stress" Josée Maltais <b>(R)</b>
<b>16 APRIL</b> 1 pm - 5 pm Omni-Centre Free badminton <b>(P) (R)</b>	<b>17 APRIL</b> 10:30 - 12 pm Omni-Centre Yoga	<b>18 APRIL</b>	<b>19 APRIL</b>
<b>23 APRIL</b> 1 pm - 5 pm Omni-Centre Free badminton <b>(P) (R)</b> 3 pm - 4 pm Chêne-Bleu High School Cosom Hockey parents/children <b>(F)</b>	<b>24 APRIL</b>	<b>25 APRIL</b> 7:30 pm - 9 pm Omni-Centre Advanced Yoga	<b>26 APRIL</b>
<b>30 APRIL</b> 1 pm - 5 pm Omni-Centre Free badminton <b>(P) (R)</b>	<b>1 MAY</b> 10:30 - 12 pm Omni-Centre Yoga	<b>2 MAY</b>	<b>3 MAY</b>
<b>7 MAY</b> 1 pm - 5 pm Omni-Centre Free badminton <b>(P) (R)</b>	<b>8 MAY</b> 7:15 pm - 8:15 pm Omni-Centre Cardio-Interval	<b>9 MAY</b>	<b>10 MAY</b> END OF HEALTH CHALLENGE

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DETACH AND KEEP

### Chart

- (P)** Proof of residence required per user
- (R)** Reservation mandatory with the Town: 514 453-8981, ext. 229
- (F)** Family activities

**Meet the 5/30 Health and Wellness Challenge in Pincourt: it's easy and FREE!**  
The Town of Pincourt is proud to take part of the Municipalities and Families component of the 5/30 Health and Wellness Challenge. By participating in our free activities custom-built for you, you will for sure achieve the three goals of the Health and Wellness Challenge.  
**HELP YOUR TOWN TO WIN, register!**  
Prizes are awarded to towns with a high participation rate.

THURSDAY	FRIDAY	SATURDAY
		<b>25 MARCH</b> 9:15 am - 9:45 am Omni-Centre Physical training, Classique Île-Perrot 10 am - 10:45 am, Omni-Centre Jogging, Classique Île-Perrot
<b>30 MARCH</b> All day Éconofitness Unlimited Thursday/ Open House 7 pm - 8 pm, Starts: Omni-Centre ★ Health Challenge launch Walk with the Mayor	<b>31 MARCH</b>	<b>1 APRIL</b> 9:15 am - 9:45 am Omni-Centre Physical training, Classique Île-Perrot 10 am - 10:45 am, Omni-Centre Jogging, Classique Île-Perrot
<b>6 APRIL</b>	<b>7 APRIL</b> 1 pm - 2 pm Omni-Centre Fit and Tone	<b>8 APRIL</b> 9:15 am - 9:45 am Omni-Centre Physical training, Classique Île-Perrot 10 am - 10:45 am, Omni-Centre Jogging, Classique Île-Perrot
<b>13 APRIL</b>	<b>14 APRIL</b>	<b>15 APRIL</b> 9:15 am - 9:45 am Omni-Centre Physical training, Classique Île-Perrot 10 am - 10:45 am, Omni-Centre Jogging, Classique Île-Perrot
<b>20 APRIL</b> 10 am - 11 am Olympique Park Pre and Post natal stroller training	<b>21 APRIL</b> 1 pm - 2 pm Omni-Centre Fit and Tone	<b>22 APRIL</b> 9:15 am - 9:45 am Omni-Centre Physical training, Classique Île-Perrot 10 am - 10:45 am, Omni-Centre Jogging, Classique Île-Perrot
<b>27 APRIL</b> All day Éconofitness Unlimited Thursday/ Open House	<b>28 APRIL</b>	<b>29 APRIL</b> 9:15 am - 9:45 am Omni-Centre Physical training, Classique Île-Perrot 10 am - 10:45 am, Omni-Centre Jogging, Classique Île-Perrot
<b>4 MAY</b> 10 am - 11 am Olympique Park Pre and Post natal stroller training	<b>5 MAY</b>	<b>6 MAY</b> 9:15 am - 9:45 am Omni-Centre Physical training, Classique Île-Perrot 10 am - 10:45 am, Omni-Centre Jogging, Classique Île-Perrot
<b>11 MAY</b>	<b>12 MAY</b>	<b>13 MAY</b> 9:15 am - 9:45 am Omni-Centre Physical training, Classique Île-Perrot 10 am - 10:45 am, Omni-Centre Jogging, Classique Île-Perrot

### Location

**Omni-Centre and Olympique Park**  
375, Cardinal-Léger Blvd.  
Pincourt

**Chêne-Bleu High School**  
225, Pincourt Blvd., Pincourt

**Éconofitness**  
101, Cardinal-Léger Blvd.  
Pincourt

**Notre-Dame-de-Lorette School (NDL)**  
70, Lussier Av., Pincourt



**30 GOAL** | Getting active at least 30 minutes a day



**5 GOAL** | Eating at least 5 servings of fruit and vegetables a day



**Wellness GOAL** | Take at least one break a day

- ### Many thanks to our partners :
- Éconofitness
  - Mouvement Conscient anti-stress Josée Maltais
  - Sportball
  - Centre Multisports
  - Classique Île-Perrot/Équipe Altius
  - Les Entraînements Endorphines