


# Parkinson Montreal-Laval - 2026 Spring Schedule

(From May 19 to August 5 for most activities)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Nordic Walking</b> 1 pm to 2 pm with Sophie Bernard-Landry Park Laval (Outdoors)	<b>Stretching</b> 10 am to 10:30 am with Sarah Online	<b>Dance Therapy</b> <i>(April 15 to May 20)</i> 10:45 am to noon with Christine Building in Ahuntsic Park Montreal	<b>Adapted boxing Mtl 1</b> 9:30 am to 10:30 am with Mathilde Montreal East Boxing Club Montreal	<b>Stretching</b> 9 am to 9:30 am with Sarah Online	<b>Dance and Movement</b> 10:30 am to 11:30 am with Sarah Online
<b>Singing and voice</b> 2 pm to 3 pm with Charlotte Online	<b>Neuro-equilibrium*</b> 1 pm to 2 pm with Samer Chalet du Parc Ahuntsic Montréal	<b>Adapted boxing</b> 1:15 pm to 2:15 pm with Mathilde 2B Extrême Évolution Laval	<b>Adapted boxing Mtl 2</b> 10:45 am to 11:45 am with Mathilde Montreal East Boxing Club Montreal	<b>Nordic Walking Angrignon*</b> 1 pm to 2 pm with Mathilde Parc Angrignon Montréal	
<b>Dance and Movement</b> 3 pm to 4 pm with Joanabbey Belgo Building Montreal	<b>Chair Exercises</b> 1:30 pm to 2:30 pm with Lucie <i>offered simultaneously by Zoom</i> St-Louis-de-Montfort Center Laval	<b>Adapted boxing</b> 2:30 pm to 3:30 pm with Mathilde 2B Extrême Évolution Laval	<b>Dance Therapy</b> <i>(April 9 to May 14)</i> 10:45 am to noon with Christine St-Louis-de-Montfort Center Laval	<b>Vocal Exploration</b> <i>(5 lesson course)</i> 4 pm to 5 pm with Louise Online	
		<b>Practice your voice</b> 4:30 pm to 6:00 pm <i>(Tuesday June 30 instead of Wednesday July 1st)</i> with Ingrid Belgo Building Montreal	<b>Dance and Movement</b> 5 pm to 6 pm with Joanabbey Online	<p>All classes are offered by Parkinson Montreal-Laval, in collaboration with NeuroMotrix, Parkinson en Mouvement and Yoga Tout Laval</p> <p>Our classes are offered to all people living with Parkinson's and their care partners. You may register by visiting the Activities calendar section of our website. Certain fees apply.</p>	
<p><b>Monthly support meetings (available in French only):</b></p> <p><b>Self-help group for people living with Parkinson's and their care partners, online, with Claire</b>                      2nd Tuesday of each month, from 6:30 pm to 7:30 pm (free, but prior registration is mandatory)</p> <p><b>Support group for Care partners of people living with Parkinson's, Online, with Christianne</b>                      3rd Wednesday of each month, from 9:30 am to 11:00 am (free, but prior registration is mandatory)</p> <p><b>Self-help group for people living with Parkinson's, online, with Flavie and Laura</b>                      The last Wednesday of each month, from 6:30 pm to 7:45 pm (free, but prior registration is mandatory)</p>				<p><b>To register :</b>  <a href="https://parkinsonmontreallaval.ca/evenements/">https://parkinsonmontreallaval.ca/evenements/</a></p> <p><b>For more information :</b>  <a href="mailto:servicespml@parkinsonquebec.ca">servicespml@parkinsonquebec.ca</a>                      514-868-0597</p>	

\* New activities this Winter 2026 session !

# Parkinson Montreal-Laval - 2026 Spring Schedule

*(From May 19 to August 5 for most activities)*

## Address of each class

### Online via Zoom

A Zoom link will be provided by email, prior to your first class

### Bernard-Landry Park

The entrance is situated at 5 avenue du Crochet, Laval.

### Belgo Building

Studio 124, 372 rue Ste-Catherine Ouest, Montréal (elevator available on site).

### St-Louis-Montfort Community Center

62 rue St-Florent, Laval (wheelchair access available).

### Notre-Dame-de-Grâce Sports Center

Multi-fonctional studio, 2nd Floor, at 6445 boul. Monkland, NDG Montreal (wheelchair accessible).

### Ahuntsic Park main building

10555 rue Lajeunesse, Montréal (wheelchair access available).

### 2B Extrême Évolution

4463 Desserte Nord de l'Autoroute 440, Laval (wheelchair accessible).

### Montreal East Boxing Club

Room 1300, at 2350 rue Dickson, Montréal (Wheelchair accessible, Enter at Door E).

### Parc Angrignon

3400, boul. des Trinitaires, Montréal



560 rue Ontario Est  
Montréal QC H2L 0B6

To register :

<https://parkinsonmontreallaval.ca/evenements/>

For more information :

[servicespml@parkinsonquebec.ca](mailto:servicespml@parkinsonquebec.ca)

514-868-0597

**All activities take place, rain or shine ! Have a great session !**