

EspaceProprio

EspaceProprio is an initiative of Desjardins, bringing together a group of companies that offer support services related to home ownership. These services range from buying and selling real estate to renovating and maintaining your living space. This ecosystem offers an end-to-end, personalized experience that simplifies the management of your home, whether through its advisory service, websites, or apps. All permanent Desjardins employees or Desjardins Group retiree are eligible for exclusive discounts.

Renovate and maintain

- Whether for renovation or maintenance on your property, [RenoAssistance](#) can lend a hand.
- **RenoAssistance** : [Get 1% off the value of your renovation](#)

Sell without an intermediary

- To sell your property by yourself but with support from real estate coaches, appraisers, notaries*, and many others, call on [DuProprio](#)
**Depending on package chosen*
- **DuProprio**: [Get 25% off DuProprio packages](#)

Present your Desjardins Group retiree card to get these offers.

**Please note that the wording « Desjardins employees » has been used on the respective platforms, but the offer does apply to Desjardins retirees.*

The EspaceProprio app has a new feature you can use to estimate the market value of your home using well-defined criteria. It's called Market Value Estimation (MVE) tool.

It can help you make informed decisions about selling, buying, renovating and maintaining your property.

1. If you haven't yet, download the EspaceProprio app on the [App Store](#) or [Google Play](#). If you already have it, be sure to update it.
2. Then enter the details of your property in the app so it can estimate its market value.
3. We want to know how satisfied you are with your estimate.
4. Go to the **More** menu to share your opinion and help our teams improve this new feature!

MVE helps users understand how various factors and market trends influence their property's value, which helps them make more informed* decisions about buying, selling, maintaining or renovating their property.

** MVE provides results for information only. It should never be a substitute for the advice of a real estate professional. The value suggested by MVE is not an appraisal, an actual cash value, or a guaranteed selling price. It is also not a replacement for the opinion of a real estate broker on the price to set for the target property, nor for that of a chartered appraiser who would provide their appraisal in an official report submitted as part of a mortgage granting process.*

Hamster

As a Desjardins Group retiree, you can enjoy advantageous rebates negotiated by Desjardins on:

- Office supplies
- Ink cartridges
- Desjardins promotional products

To take advantage of the discount

- Request a Desjardins retiree account by emailing sacdesjardins@hamster.ca
- Send a photo of your Desjardins retiree card with your request
- You will need a valid personal credit card



Rogers

Discounts on Rogers cellphone plans for Desjardins retirees

Take advantage of special cellphone plan discounts available exclusively to Desjardins retirees. Keep in mind that promotions and prices can change. Rogers is offering discounts to:

- new customers
- existing customers who want to change their plan
- existing customers who want to upgrade their device

To take advantage of the discount

1. Go to www.planetemobile.biz
 - Username: retraite
 - Password: mobile

2. Follow the instructions on how to order

** For support or questions about placing an order, please contact **Rogers at 1-888-484-2835 ext. 247** or by email at rogers.desjardins@planetem.com.*



VIA Rail

As a Desjardins retiree, you can benefit from rebates on train travel with VIA Rail. Enjoy 10% off the lowest publicly available rate (excluding Evasion rates).

This rebate can be applied to up to three extra travelers, as long as they all travel with the Desjardins retiree. You must present your Desjardins retiree card upon request while on board the train or when purchasing the ticket.

To take advantage of the discount | Online

- Book online at www.viarail.ca using rebate code 80989

To take advantage of the discount | By phone

- Call 1 800 VIA-RAIL (1 800 842-7245) and mention rebate code 809891



Communauto

Preferential rate | Montreal regions, Québec/Levis, Sherbrooke, Gatineau and Trois-Rivieres

As a Desjardins retiree, you can subscribe individually for personal travel. A \$40 discount is offered on any new subscription. This discount is valid only once and will not be offered on renewals. For retirees who have an existing subscription and benefit from the \$1 discount on the hourly rate of « Liberty Plus » package, you will be entitled to the \$40 discount on your next renewal, applicable only once.

To take advantage of the discount

Complete registration. To take advantage of this discount, you must register on the [general subscription form](#) using the promotional code « **DESJARDINS** » and provide all the documents required by Communauto.

**Please note that this offer cannot be combined with any other promotion.*

Terms

You must register yourself, regardless of the type of subscription. For more information regarding the eligibility criteria and how to reserve a car, visit the « [How it Works](#) » section on the Communauto website.

Rules and regulations

You must read and comply with the [rules and regulations](#). In the event of non-compliance, financial penalties may be imposed (penalty policy in the appendix to the regulations).



Stationnement d'aéroport Park'n Fly

Bénéficiez d'un rabais sur le tarif régulier lors du stationnement de votre véhicule dans l'un des stationnements de Park'n Fly.

Pour bénéficier du tarif corporatif

Obtenez un bon de réduction électronique pour plusieurs aéroports Park'n Fly à proximité. Notez que le code rabais **31263** a été intégré à chacun des liens ci-dessous :

[Edmonton](#)

[Halifax](#)

[Montréal](#) (réservez à l'avance pour être certain d'obtenir le rabais car le site affiche souvent complet)

[Ottawa](#)

[Toronto](#)

[Vancouver](#)

[Winnipeg](#)

- Indiquez la date et l'heure de votre arrivée au stationnement, ainsi que le type de service utilisé.
- Imprimez le bon de réduction électronique à présenter à Park'n Fly (le code barre sur le coupon pourra être lu par les guérites lors du paiement final à la sortie du stationnement).

** Si vous quittez plus tôt ou plus tard qu'indiqué sur votre bon de réduction, le tarif s'ajustera automatiquement lors du paiement à la guérite, et ce, toujours en considérant le tarif préférentiel offert à Desjardins.*



WeCook Meal

As a Desjardins retiree, you're eligible for interesting discounts from WeCook Meals. Simply follow the steps below.

- Benefit from a \$20 exclusive discount per order on the first 4 orders (values of \$80).

To take advantage of the discount

- Go to the WeCook website : www.wecookmeals.ca/en
- Create your account in the « Get Started » section and follow the on-screen instructions.
- When Paying, enter the promotional code « DESJARDINS80 » in order to apply the discount.

**For support, an online chat is available directly on the platform.*

You can also contact the company by phone at (514) 885-7587



Altitude Sport

Altitude Sport offers Desjardins retirees a 20% discount on sports and outdoor items. The discount is limited to:

- 20% discount on selected brands
- Valid on regular priced items only
- Cannot be combined with any other promotion or code
- Not valide on the purchase of the membership card and marketplace

To take advantage of the discount

You must enter the code **ALTISSDESJARDINS20** when checking out on the [dedicated Desjardins site](#).

**It is important not to share the dedicated site nor the discount code externally, otherwise we could lose this advantage.*



Strom Spa Nordique

Profitez de 15 % de rabais sur les expériences thermales, les massages et les soins, les cartes-cadeaux, les forfaits et même vos événements dans tous les Strom Spa Nordique.

En cours de développement – à valider

Pour bénéficier du rabais | par téléphone

- Au 1-877-761-2722 en mentionnant le code promotionnel « DESJARDINS15 ».

Pour bénéficier du rabais | par téléphone

- Aller sur le site <https://www.stromspa.com>
- Une fois prêt à passer votre commande, inscrire « desjardins » dans le champ de code promotionnel afin que le rabais soit automatiquement appliqué à votre total



Chlorophylle

Chlorophylle offre un rabais de 15 % sur les articles à prix réguliers aux retraités du Mouvement Desjardins afin de promouvoir la pratique d'activités physiques.

Pour bénéficier du rabais

- Aller sur le site de [Chlorophylle](#)
- Appliquer le code rabais **djs2023** dans la case à cet effet dans le panier

**À noter que ce rabais est applicable uniquement pour les achats en ligne.*

En cours de développement – à valider



Vélo Vert

Le programme de transport alternatif offre aux retraités de Desjardins de la région de Québec un rabais chez VéloVert situé au 3030 Bd Sainte-Anne, Québec, QC G1E 6N1 pour l'entretien de vélo ou pour l'achat de vélos neuf à prix régulier.

- Profitez de 10 % sur l'achat de vélos neuf à prix régulier;
- Profitez de 15% de rabais sur les mises au point mécaniques :
 - Du 1^{er} octobre au 28 février

Pour bénéficier du rabais

- Présentez votre carte de retraité en t

En cours de développement – à valider



Energie Cardio

Signing up for an Energie Cardio membership is voluntary, so when you do, you're agreeing to share certain personal information with the gym. Desjardins can't be held liable for any harm or damages resulting from using this site to sign up

Preferred rates

- \$30 corporate discount on 12-month membership with THE ESSENTIAL program (Code: Fit30 – online registration)
- \$45 corporate discount on 12-month membership with THE BALANCED program
- \$145 corporate discount on 12-month membership with THE DETERMINED program

Included in membership

- Access to all cardio and weight-training equipment, free weights, group classes, sauna and showers
- No registration fee
- Schedules for group classes vary

To take advantage of the discount

- Offer valid with retiree card
- Offer also available to spouses and children (proof of address required, and employees must be there when family members sign up)
- Offer valid at Énergie Cardio gyms in Quebec
- Offer valid for online registration (Available only for THE ESSENTIAL program)

**Offer valid until July 31, 2024*

For more information, call 1-877-ENERGIE (1-877-363-7443) or visit energiecardio.com/en

Idolem Yoga

Joining Idolem Yoga is voluntary, so when you register, you're agreeing to share some of your personal information. Desjardins can't be held liable for any harm or damages arising out of the use of this site in the course of your registration

Preferred rates

- 15% discount on monthly membership (Regular price: \$132.50 / Price offered: \$112.62/month. *Taxes not included.)
- 15% discount on annual membership (Regular price: \$135 / Price offered: \$114.75/month. *Taxes not included.)

Included in membership

- 6-month and 1-year memberships include multi-studio access
- Available at all Idolem studios
- All hot yoga and SUP yoga classes
- Group classes

To take advantage of the discount

- Offer valid with retiree card
- Offer valid for spouses and children living at the same address

**Offer valid until July 31, 2024*

For more information, visit <https://www.idolem.com/en/hot-yoga>



Nautilus Plus

Joining Nautilus Plus is voluntary, so when you register, you're agreeing to share some of your personal information. Desjardins can't be held liable for any harm or damages arising out of the use of this site in the course of your registration

Preferred rates

- 11% discount on annual membership (Regular price: \$26.75 / Price offered: \$23.87/2 weeks + \$1.20 discount per visit. *Taxes not included.)
- Annual membership discount for members ages 25 and under (Price offered: \$19.99/2 weeks + \$1.20 discount per visit. *Taxes not included.)
- Access to the Utime Fit online platform without an annual membership (use code DESJA2020) (Regular price \$129.99 / Price offered: \$99.99. *Taxes not included.)

Included in membership

- Access to the Nautilus Plus network of centres
- 2 BODĚ express tests (body composition test)
- A free consultation with a personal trainer or nutritionist
- Free access to the Utime Fit online platform with an annual membership

Other services available

- Group classes
- Personal training
- Kinesiologists and nutritionists
- Utime Fit online platform

To take advantage of the discount

- Offer valid with retiree card

**Offer valid until July 31, 2024*

For more information, visit <https://www.nautilusplus.com/>

Maxi-Forme Fitness

Joining Maxi-Forme Fitness is voluntary, so when you register, you're agreeing to share some of your personal information. Desjardins can't be held liable for any harm or damages arising out of the use of this site in the course of your registration

Preferred rates

- 10% discount on 6 months membership (Regular price: \$370 / Price offered: \$333. *Taxes not included.)
- 10% discount on annual membership (Regular price: \$600 / Price offered: \$539,88. *Taxes not included.)
- Online registration (promotional code : desj10)

Offer valid at Lévis, Quebec city, St-Apollinaire and Sainte-Marie

Included in membership

- A free consultation with a personal trainer
- Personal training (1 hour)

To take advantage of the discount

- Offer valid with retiree card
- Offer valid for spouses and children living at the same address

**Offer valid until July 31, 2024*

For more information, visit <https://www.maxiforme.com/>



Yoga Fitness

Joining Yoga Fitness is voluntary, so when you register, you're agreeing to share some of your personal information. Desjardins can't be held liable for any harm or damages arising out of the use of this site in the course of your registration

Preferred rates | 10% discount on the following products

- Unlimited 1-year "Paix d'Esprit" membership (Regular price: \$125/month, price offered: \$112.50/month. *Taxes not included.)
- One-time class purchase (Regular price: \$22, price offered: \$19.80. *Taxes not included.)
- Class packages:
 - 10 classes (Regular price: \$180, price offered: \$162. *Taxes not included.)
 - 20 classes (Regular price: \$320, price offered: \$288. *Taxes not included.)
- Online platform (mercidesjardinsyf)

Included in membership

- Group classes
- Equipment rental

To take advantage of the discount

- Offer valid with retiree card

**Offer valid until July 31, 2024*

For more information, Call 418-780-9642 or visit <https://yoqafitness.com/>

Gym Facteur 23

Joining Gym Facteur 23 is voluntary, so when you register, you're agreeing to share some of your personal information. Desjardins can't be held liable for any harm or damages arising out of the use of this site in the course of your registration

Preferred rates

- 24% discount on monthly membership for 6 months (Regular price: \$330 / Price offered: \$250. *Taxes not included.)
- 25% discount on annual membership (Regular price: \$540 / Price offered: \$400. *Taxes not included.)

Included in membership

- Access to the facilities (showers included)
- Free bio-impedance (body composition test)

Other services available

- Group classes
- Personal training
- Equipment rental

To take advantage of the discount

- Offer valid with retiree card
- Offer valid for spouses and children (ages 12 and over) living at the same address

**Offer valid until July 31, 2024*

For more information, call 418-833-0023 or visit <https://qymfacteur23.ca/>

Gold's Gym Saint-Laurent

Joining Gold's Gym St-Laurent is voluntary, so when you register, you're agreeing to share some of your personal information. Desjardins can't be held liable for any harm or damages arising out of the use of this site in the course of your registration

Preferred rates

- 20% discount on annual membership (Regular price: \$649.74 / Price offered: \$519.74. *Taxes not included.)
- All members who live at the same address as the employee can benefit from an annual subscription at the family price of \$14.99/2 weeks.
- CEF (Club Enhancement Fee) of \$59 divided into 2 instalments (March 15 and September 15) and a \$10 Gold Gym key tag applicable for regular or family memberships.

Included in membership

- A fitness assessment with a coach and inBody, plus personal training
- 3-day free trial
- Group classes
- Access to the training room

To take advantage of the discount

- Offer valid with retiree card
- Offer valid for spouses and children living at the same address

**Offer valid until July 31, 2024*

For more information, call 514 543-4653 or visit <https://www.goldsqymqc.com/>

Gym Sports Montréal

Joining Gym Sports Montréal is voluntary, so when you register, you're agreeing to share some of your personal information. Desjardins can't be held liable for any harm or damages arising out of the use of this site in the course of your registration

Preferred rates

- 12,5% discount on 6 months membership (Regular price: \$44 / Price offered: \$39. *Taxes not included.)
- 16,65% discount on annual membership (Regular price: \$33 / Price offered: \$28. *Taxes not included.)

Included in membership

- A free consultation with a kinesiologist to obtain a training program
- Group classes
- A fitness assessment (\$65)

To take advantage of the discount

- Offer valid with retiree card

**Offer valid until July 31, 2024*

For more information, visit <https://www.sportsmontreal.com/fr/accueil-gym.aspx>



Centre Yoga Santé

Joining Centre Yoga Santé is voluntary, so when you register, you're agreeing to share some of your personal information. Desjardins can't be held liable for any harm or damages arising out of the use of this site in the course of your registration

Preferred rates

Yoga

- \$20,25/month discount on monthly membership for 6 months (Regular price: \$135/month / Price offered: \$114,75/month.) *Taxes not included
- \$18/month discount on annual membership (Regular price: \$120/month / Price offered: \$102/month.) *Taxes not included.

Yoga and Pilates

- \$25,50/month discount on monthly membership for 6 months (Regular price: \$170/month / Price offered: \$139,50/month.) *Taxes not included.
- \$15,50/month discount on annual membership (Regular price: \$155/month / Price offered: \$139,50/month.) *Taxes not included.

Included in membership

- Group classes

To take advantage of the discount

- Offer valid with retiree card
- Offer valid for spouses and children living at the same address.

**Offer valid until July 31, 2025*

For more information, visit <https://www.centreyogasante.ca/>



Centre sportif du parc olympique

Joining Centre sportif du parc olympique is voluntary, so when you register, you're agreeing to share some of your personal information. Desjardins can't be held liable for any harm or damages arising out of the use of this site in the course of your registration

Preferred rates

- \$100 discount on annual membership (Regular price: \$576 / Price offered: \$476) *Taxes not included.

Included in membership

- 3 appointments with a trainer

To take advantage of the discount

- Offer valid with retiree card

**Offer valid until December 31, 2024*

For more information, visit <https://parcolympique.qc.ca/centresportif/en/>



Spin Énergie

Signing up for a Spin Énergie membership is voluntary, so when you do, you're agreeing to share certain personal information with the gym. Desjardins can't be held liable for any harm or damages resulting from using this site to sign up

Preferred rates

- 15% discount on all regular series of classes

Included in membership

- Schedules for group classes vary

To take advantage of the discount

- Offer valid with retiree card

**Offer valid until July 31, 2025*

For more information, call 514-544-1515 or visit <https://www.spinenergie.com/en>



Centre Athlétique TR

Signing up for an Centre Athlétique TR membership is voluntary, so when you do, you're agreeing to share certain personal information with the gym. Desjardins can't be held liable for any harm or damages resulting from using this site to sign up

Preferred offer

- 3 weeks free trial

To take advantage of the discount

- Offer valid with retiree card
- Offer also available to spouses and children (proof of address required, and employees must be there when family members sign up)
- Offer valid only in person

**Offer valid until December 31, 2024*

For more information, call 819-840-2848 (Des Récollets gym), 819-909-4004 (Thibeau gym) or visit centreathletiquetr.com



Womens Fitness Clubs of Canada

Joining Womens Fitness Clubs of Canada is voluntary, so when you register, you're agreeing to share some of your personal information. Desjardins can't be held liable for any harm or damages arising out of the use of this site in the course of your registration

Preferred rates

- \$175 annual membership discount (Regular price: \$600/month / Price offered: \$425/month.) *Taxes not included

Included in membership

- Group classes
- Free fitness consultation
- Program orientation

To take advantage of the discount

- Offer valid with retiree card
- Offer valid for spouses and children living at the same address.

**Offer valid until July 31, 2025*

For more information, visit <https://womensfitnessclubs.com/>



GoodLife Fitness

Joining GoodLife Fitness is voluntary, so when you register, you're agreeing to share some of your personal information. Desjardins can't be held liable for any harm or damages arising out of the use of this site in the course of your registration

Preferred rates

- 25% off yearly memberships
- No annual fee (normally \$99+tax)

Registration procedure

1. Contact us at masante@desjardins.com to obtain your unique ID
2. Register online for the **Health and Wellness** program with your unique ID: <http://corporate.goodlifefitness.com/>
3. Go to your GoodLife Fitness center with your registration confirmation and your proof of employment (access card).

To take advantage of the discount

- Offer valid with retiree card
- Offer valid for spouses and children living at the same address (conditions apply)

**Offer valid until February 7, 2025*

For more information, call 1 800 287-4631 or email corporateprograms@goodlifefitness.com

F45

Joining F45 is voluntary, so when you register, you're agreeing to share some of your personal information. Desjardins can't be held liable for any harm or damages arising out of the use of this site in the course of your registration

- Stouffville 200 Mostar St unit 14†
- South Newmarket 17325 Leslie Ave Unit 3
- Bradford 465 Holland St. W

Preferred rates

- †15% for 6-month membership discount (Regular price: \$60-week / Price offered: \$52.17-week.) *Taxes not included
- 15% for 6-month membership discount (Regular price: \$50-week / Price offered: \$42.50-week.) *Taxes not included

Included in membership

- Unlimited classes

To take advantage of the discount

- Offre valide sur présentation de votre carte de retraité

**Offer valid until July 31, 2025*

For more information, visit <https://f45training.ca/southnewmarketcan/home?lang=en-ca>



Le LABB

Signing up for Le LABB membership is voluntary, so when you do, you're agreeing to share certain personal information with the gym. Desjardins can't be held liable for any harm or damages resulting from using this site to sign up.

Preferred rates

- 15% discount on the purchase of a block of 10 classes (regular price: \$79.99+tx)
- 15% discount on the purchase of a session (regular price: \$12.00+tx)

To take advantage of the discount

- Offer valid with retiree card
- Offer also available to spouses and children (proof of address required, and employees must be there when family members sign up)

**Offer valid until July 31, 2025*

For more information, visit www.lelabb.com

