



Program Details

- Access to ALL 6 Shapes locations (with the exception of Women's only locations) – Guaranteed Price Protection
- Complimentary Introduction Session with a fitness coach upon enrollment
- 24/7 Member access only
- Free wall climbing
- Free Group Fitness classes (including MOSSA Fitness)
- Exclusive member discounts from our Member Rewards Programs
- International Physical Fitness Association accredited

Corporate Perks

- Discount applies to family member(s) residing in the same household
- Registration available anytime – membership effective upon date of registration
- Membership hold can be applied twice yearly (some restrictions may apply)
- 1/2 Price Hot Yoga
- Free premium of your choice for 30 days
- Existing members qualify (some restrictions may apply)

Corporate Discount

\$9.10 / week + GST

"The gym is really a mental health facility in disguise. Anxiety and stress clinically improved with easy low intensity exercise. Looking better is only a side effect of the real desired result. Feeling better."

CONTACT KEVIN TO GET STARTED!

204-989-7050
KevinR@Shapes.ca



24 HOUR/7 DAY ACCESS



HOT YOGA CLASSES



WOMEN ONLY FITNESS



GROUP FITNESS CLASSES



FITNESS COACHING



QUEENAX TRAINING SYSTEM



CLIMBING WALL



MEMBERSHIP BUILDING PLAN



CHILD ACTIVITY CENTRE



PERFORMANCE TRACKING

1910 Pembina Hwy | 2535 McPhillips St | 1150 Nairn Ave | 3340 Portage Ave | 1325 Henderson Ave | 115 Vermillion Rd