



Corporate Discount

\$10.23 / week
+ GST

The way to start a gym membership is to go 3 times a week, never miss 3 days in a row, and do this for 3 months.

What you do at the gym doesn't matter. If you go for just 15 minutes, that's fine.

At first, just showing up is harder than any exercise.

After 3 months, you can start to enjoy new confidence, increased energy and improved mental health.

Contact Kevin for more information.

KevinR@Shapes.ca

Program Details

- Complimentary consultation with a personal trainer to help you put a custom plan together to reach your goals as quickly as possible.
- Complimentary Group Fitness Classes: From riding a bike to pretending to fight to sitting in a hot room and feeling alright.
- State-of-the art yoga rooms with air filter systems and noise canceling technology matched with the perfect colours, lighting and scent.
- 24/7 Access to multiple locations
- Anyone living at your address gets your corporate rate!

Healthy Quotes



"I know people that believe in ghosts but don't believe in themselves."

- Mitch Hedberg

"No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying."

- Tony Robbins

"Discipline is choosing what you want most over what you want now."

- Abraham Lincoln



24 HOUR/7 DAY
ACCESS



HIIT
STUDIO



HOT YOGA
CLASSES



BARRE
CLASSES



WOMEN ONLY
FITNESS



GROUP FITNESS
CLASSES



FITNESS
COACHING



QUEENAX
TRAINING SYSTEM



CLIMBING
WALL



MEMBERSHIP
BUILDING
PLAN



CHILD ACTIVITY
CENTRE



LOCALLY OWNED
AND OPERATED
SINCE 1994

1910 Pembina Hwy

2535 McPhillips St

1150 Nairn Ave

3340 Portage Ave

1325 Henderson Ave

115 Vermillion Rd

*Pricing valid until March 31, 2026