



Corporate Discount

\$10.23 /week
+ GST

*When you are ready to
take a tour of Shapes
Fitness contact Kevin!*

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



"It is health that is real wealth and not pieces of gold and silver"

- Mahatma Gandhi

"A smile is a curve that sets everything straight"

- Phyllis Diller

"If you want to live a happy life, tie it to a goal, not to people or things."

- Albert Einstein

**Contact Kevin for more
information.**

KevinR@Shapes.ca



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

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

*Pricing valid until June 30, 2026