



## Corporate Discount

**\$9.48** /week  
+ GST

*A Fitness Center today is a mental health facility in disguise. Take a break from your smart phone and give your brain a mini vacation.*

*You will be a better person for it.*

Contact me **BEFORE** you join for tips and advice:  
**KevinR@Shapes.ca**

**CONTACT KEVIN TO GET STARTED!**  
**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!

## Did you know?



Exercise guidelines were updated in 2018 because thousands of pages of evidence showed workouts of 10 minutes or less produced real and meaningful results.



Exercise improves the brain. Revolutionary fitness program in Illinois put a school district of 19,000 kids first in the world of science test scores.



Lifting weights improves aging skin.  
Ask me how.



24 HOUR/7 DAY ACCESS



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 March 31, 2024