



Corporate Discount

\$10.23 /week
+ GST

*You can't save time.
Only spend it or invest it.*

*A great way to invest
your time is spending it
on your health.*

*Come check us out and see
what I mean. Its easier than
you think to improve your
fitness and the rewards are
better than you can imagine.*

**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!

Did you know?



To prevent certain cancers, or improve cancer outcomes, there is a prescription for exercise led by the American Cancer Society and 14 other leading health organizations. It was launched in 2020.



Exercise helps test scores in school. Even a bit before an exam helps. Most sit and cram before test while jumping jacks is the smarter option.



Most women are worried about getting too muscular if they lift weights. There is no documented case of this ever happening. Confidence and self esteem greatly improved, however.



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