



Corporate Discount

\$9.73 /week
+ GST

Your body has its own pharmacy and exercise opens the doors. Arthritis? Back Pain? Depression? Cancer? Diabetes? Surgery? Attention/learning?

Exercise has been shown to help.

FOR CURRENT PROMOTIONS AND DEALS CONTACT KEVIN TODAY!

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?



The original food pyramid in 1980 stated weight gain should stop after age 20-25.



It was recently discovered exercised muscles release special proteins that improve the immune system. Exercise not only improves survival rates in patients undergoing cancer treatment, but also it can help prevent seven of the most common cancers, including colon and breast cancer.



In 2023 Harvard Medical School published a study in the Journal of Clinical Psychiatry showing 1 session of hot yoga per week can significantly improve symptoms of depression in a short period of time. Many go years without trying exercise/yoga and pop pills with side effects.



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