



Corporate Discount

\$9.48 /week + GST

“Contact me BEFORE you sign up and I might be able to get you some extra free stuff.”

- Dr. Kevin. CEO and President of Perks

CONTACT KEVIN TO GET STARTED!
KevinR@Shapes.ca

Program Details

- Put membership on hold if going away
- Anyone living with you can get YOUR corporate rate
- FREE meeting with personal fitness coach
- FREE Group Fitness Classes
- Access to multiple locations
- State-of-the-art yoga rooms
- 24/7 access

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.



Our modern diet may have ruined our teeth. All ancient skulls have perfectly straight teeth.



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 December 31, 2023.