



# BODY SHOP

We are open  
24 hrs a day,  
everyday of  
the year.

ATHLETIC TRAINING & FITNESS CENTRE

- NO Enrollment fee
- NO initiation fee
- NO sign up fees
- NO key fee
- NO hidden fees
- NO price lock fees
- NO yearly fees
- NO quarterly fees
- NO yearly contracts
- NO commitments
- NO hard sales
- NO line ups
- NO crowds
- NO bull
- NO catch
- Cancel anytime (7 day notice)

**\$35**  
per month

Just \$35 per month  
until you say stop,  
No catch!

### Day Passes

- 1 day pass - \$10
- 5 day passes - \$40
- 10 day passes - \$60
- Day passes do not expire
- \$20 key purchase needed for 24hr access

Add a family member for only \$25

### Fee Stipulations

- \*Cancel anytime after 90 days.(No single months)
- \*All prices are subject to applicable taxes
- \*Under 18 must have parental consent.
- \*Payments are Direct Payment (void cheque or PAP form)

## WHY HIRE A PERSONAL TRAINER?

- Efficiency and effectiveness so you don't waste time in a gym
- Design safe and effective programs to minimize injury and maximize results
- Trainers provide inspiration and accountability
- Trainers regularly introduce variety and progression
- Trainers make programs fun and interesting using various exercise tool
- Help you develop self worth and self confidence

\*Personal Training  
\*Sport Training

\*Group Training  
\*Online Training

\*Program Design  
\*Nutritional Counselling

173 St. Paul Cres.  
St. Catharines  
L2S 1N4  
www.bodyshopfitness.ca  
bodyshopfitnesscentre@gmail.com  
Call or Text 905-988-9007



### Office Hours

Mon - Thu	1:00pm - 7:00pm
Friday	1:00pm - 6:00pm
Saturday	10:00am - 1:00pm
Sunday & Holidays	Office Closed