



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**

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St. Catharines
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www.bodyshopfitness.ca
bodyshopfitnesscentre@gmail.com
Call or Text 905-988-9007



Office Hours

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|-----------|------------------|
| Mon - Thu | 1:00pm - 7:00pm |
| Friday | 1:00pm - 6:00pm |
| Saturday | 10:00pm - 1:00pm |
| Sunday | Office Closed |