



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 contracts
- NO commitments
- NO hard sales
- NO line ups
- NO crowds
- NO bull
- NO catch
- Cancel anytime (7 day notice)

\$33
per month

Just \$33 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 \$22

Fee Stipulations

- *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

Contact: Matrixx Ferreira
416-458-0281

Info@ironathleticscanada.ca
www.ironathleticscanada.ca

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	10:00pm - 1:00pm
Sunday	By appointment
Before or after hours	Call or text