

80,000 Square Foot Facility
 Cardio • Strength
 Personal Training
 Group Fitness
 Spin Studio
 Pilates
 Pur Yoga Studio - Variety of Styles
 Outdoor Fitness
 Boot Camps
 Sports Training
 Crossfit
 Racquet Ball • Squash
 Tennis - Both Indoors & Outside
 Junior & Adult Racquet Lessons
 Steam Room • Sauna • Jacuzzi
 Children's Activity Centre-Infant-10yrs old
 "Revive" Juice Bar & Pro Shop



GLOBAL FITNESS CENTRE



Fitness is Health & Lifestyle



Global Fitness is offering Corporate Memberships for Inside Out Leadership Alumni and their family members.

Memberships include Cardio, Weights, Group Fitness and Spin, 1Hour with a Personal Trainer. (\$55.00 value)

Corporate 1-Year Lifestyle Monthly Membership Rates

Bronze \$39.95 - includes Cardio, Weights, Group Fitness and Spin

Silver \$55.00 - Includes Racquetball, Squash, Badminton, Pickle Ball, Cardio, Weights, Group Fitness, Spin & Yoga

Gold \$90.00 - Includes Tennis, Racquetball, Squash, Badminton, Pickle Ball, Cardio, Weights, Group Fitness, Spin & Yoga

Bring Your Proof of Alumni and sign up Today!
 These Rates are valid for 2011

FACILITY HOURS

Monday - Friday	5:30am-10:30pm
Saturday - Sunday	7:00am - 7:00pm
Holidays	8:00am - 5:00pm

Ph: 250-860-6900
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