

"Did you know that **strength training** just twice per week is sufficient to gain health benefits?" says Canada's Physical Activity Guide. "Strength training **twice a week** will strengthen your muscles, boost your metabolism, and improve your bone density and posture." Anyone can make time **for improvements**.

Start with a program that is **affordable**, realistic and **quick**. A program that will give you important health **benefits** as well as burn lots of calories to aid in **weight loss**.

You are ready for this!

Come by and check out our fabulous studio or book your fitness launch on line to get started!

See you soon!



EFFEX |

ONLY \$40 MONTH

- 2 workouts each week
- Easy to cancel
- No minimum contract
- Follow-up program reviews
- Fitness launch required
- \$15 additional workouts

CHOOSE YOUR DOUBLE STRENGTH MEMBERSHIP

SUNRISE

Tuesdays & Thursdays
Workout between
6:00 - 8:00 am

JAVA

Tuesdays & Thursdays
Workout between
8:00 - 10:00 am

HIGH TEA

Tuesdays & Thursdays
Workout between
2:00 - 4:00 pm

MOONLIGHT

Mondays & Wednesdays
Workout between
7:00 - 9:00 pm

TWILIGHT

Tuesdays & Thursdays
Workout between
7:00 - 9:00 pm

"Strong Women Go the Distance"