



Program Details

- Access to ALL 6 Shapes locations (with the exception of Women's only locations) – Guaranteed Price Protection
- Complimentary Introduction Session with a fitness coach upon enrollment
- 24/7 Member access only
- Free wall climbing
- Free Group Fitness classes (including MOSSA Fitness)
- Exclusive member discounts from our Member Rewards Programs
- International Physical Fitness Association accredited

Corporate Perks

- Discount applies to family member(s) residing in the same household
- Registration available anytime – membership effective upon date of registration
- Membership hold can be applied twice yearly (some restrictions may apply)
- 1/2 Price Hot Yoga
- Free premium of your choice for 30 days
- Existing members qualify (some restrictions may apply)

Corporate Discount

\$8.13 / week + GST

Each employee that joins under the discounted rate will pay directly to Shapes. If your company would like to offer the Health and Wellness program to all the staff it will not cost the company anything but **great results** and **beneficial for everyone**.

Kevin Richardson, PhD
Director of Corporate Wellness Initiative

Email: kevinRic@shapes.ca
Telephone: 204-989-6680



24 HOUR/7 DAY
ACCESS



HOT YOGA
CLASSES



WOMEN ONLY
FITNESS



GROUP FITNESS
CLASSES



FITNESS
COACHING



QUEENAX
TRAINING SYSTEM



CLIMBING
WALL



MEMBERSHIP
BUILDING PLAN



CHILD ACTIVITY
CENTRE



PERFORMANCE
TRACKING

1910 Pembina Hwy | 2535 McPhillips St | 1150 Nairn Ave | 3340 Portage Ave | 1325 Henderson Ave | 115 Vermillion Rd