



AT-A-GLANCE

We have designed our services to help you put good health and fitness into your lifestyle instead of requiring your lifestyle to drastically change to accommodate fitness.

Our private fitness training studio in downtown Vancouver is complete with hardwood floors, vaulted ceilings and a beautiful view. Complimentary towel service large lockers and fresh spring water make our facility the perfect exercising environment. We limit the usage of the facility through effective scheduling to prevent crowding to any degree.

Comprehensive nutrition services are available and can be packaged with our other services. See our nutritional consulting services sheet for more detailed information.

## Group Training. Bring all of your friends and save.

Group Training is a fun and exciting way for you and a group of friends to receive the benefits that exercise supervised and designed by a fitness professional can achieve. This form of training creates a sense of commitment, motivation and support among participants and all at an **affordable** price.

It is recommended that two private sessions (discounted as well) be completed prior to entering into a group program. Private Training rates are discounted 50-60% for Group Training of 3 or 4 people. Customized packages are also available at your request.

To ensure a comfortable workout environment, Group Training hours are available between 10:00am-12:00 noon, 2:00pm-4:00pm, and 6:30pm-9:00pm only.

Changing your lifestyle and your habits toward health isn't easy. Our consultants will teach you what you need to know for a life time and guide you through the process of change.

**4 people      \$20/person**  
**3 people      \$25/person**