

CHOOSE

FITNESS

- *Personalized Fitness Programs*
- *The BEST choice of quality fitness equipment, including Treadmills, CrossTrainers, FreeClimbers, Stairmaster, etc.*
- *Cardio Theatre*
- *Fantastic fitness classes & great instructors.*
- *Nautilus, Hammer Strength, Gravitron, Cybex free weights*
- *Competitive prices*
- *A club for beginners and experts*
- *Guaranteed results*
- *Regular motivation and program guidance*
- *Personal training*
- *Nutrition Consultation*
- *Chosen "Best Service Club in Canada"*
- *Transferable membership at over 37 locations in Ontario*

GoodLife

FITNESS CLUBS



call 1-905-876-FITT

**DON'T WAIT,
JOIN TODAY!**



NEW MILTON LOCATION!
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