



-Your Local 24 Hour Fitness Centre-

We are an adult-only, co-ed fitness facility providing a clean, comfortable, supportive and non-judgmental fitness environment. Come down and let us show you what a Fitness Centre should be.

-Open 24 hours a day, 7 days a week, 365 days a year!

-The Latest Equipment with Personal TV's and iPod docks

-Access to over 1300 Clubs worldwide

-Family Memberships Available

-Bright, Clean, Convenient, Affordable

-Personal Training

-Tanning

Try Us for FREE !



Unit 36, 12192 Symons Valley Road NW

(In the Creekside Shopping Centre between Shoppers Drug Mart and RONA)