

January Specials

Personal Training Sale!!

Save over \$250 on our
12-session PT Package

Now only \$700 + HST
Don't Forget!

With a New Year comes renewed benefits coverage for most. Ensure we have your up-to-date information so we can help you get the most from your plan.

DID YOU KNOW?

The current Exercise Guidelines for Canadian Adults is 150 minutes per week of moderate to vigorous physical activity to maintain optimal health!
How are you doing?
Let us HELP!



In Motion

Health – Wellness - Fitness

Pain Management | Rehabilitation | Injury Prevention