

October Specials

“Intro to Weight Training” Package SALE

- Includes 5 sessions
PLUS Program Development
- Value of \$492

On SALE for \$299^{+HST}

DON'T FORGET

As we approach the end of the benefit year, now is the time to get your Custom Orthotics for 2025!
Call 519-542-6060 to book with Adam Gray

October Birthday?

- \$75 Gift Card for \$50



In Motion

Health – Wellness - Fitness

Pain Management | Rehabilitation | Injury Prevention