

# SERVICES

- MASSAGE THERAPY
- PERSONAL TRAINING
- FITNESS TESTING
- STEAM ROOMS
- LIFE COACHING
- DIETICIAN
- LOCKER RENTAL
- FITNESS CLASSES
- CHIROPRACTIC



# RATES

- 1 month Membership  
**\$50**
- 3 month Membership  
**\$135**
- 6 month Membership  
**\$240**
- Annual Membership  
**\$450**

GST will be added to above rates

Corporate rates available for 25+ groups

Call to inquire  
949-1846

## PROGRAM DIRECTOR



Kathryn Sawatzky has been involved in the fitness industry for the past 18 years. Upon graduating from high school in 1990 Kathryn became qualified as a Group Fitness Leader and Certified Fitness Appraiser and went on to graduate from the University of Manitoba Dean's Honour list with her Bachelor of Physical Education in 1994.

# URBAN WELLNESS CENTRE

201-333 St. Mary Ave.  
We are located on the  
2nd floor of

cityplace  
you are here

Email: [info@urbanwellnesscentre.ca](mailto:info@urbanwellnesscentre.ca)  
Tel: 204-949-1846  
[www.urbanwellnesscentre.ca](http://www.urbanwellnesscentre.ca)

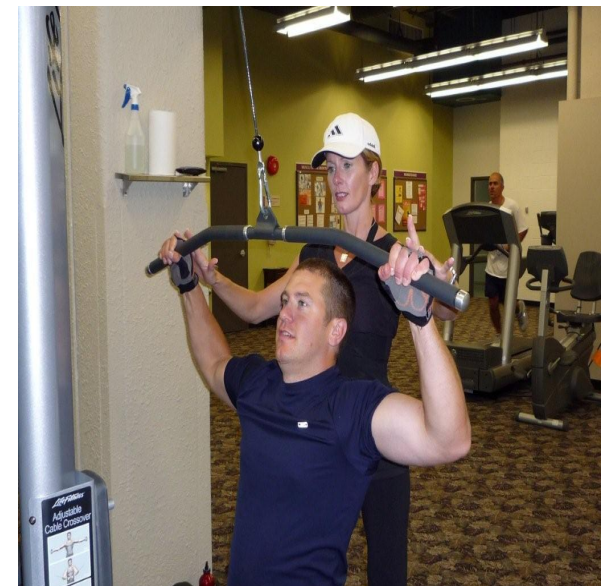
## HOURS OF OPERATION

**Monday to Friday**

**5 a.m. to 8 p.m.**

**Saturday and Sunday**

**8 a.m. to 4 p.m.**



## ***FITNESS CLASSES***

CORE TRAINING

YOGA

CIRCUITS

LOW IMPACT

FUSION

BOOT CAMP

CROSS-FIT STYLE

BODY WEIGHT RESISTANCE

BOSU BLAST

Fitness Classes *included* with your membership!



## ***FACILITIES***

Our strength and cardio equipment is all manufactured by LIFE FITNESS brand. The equipment is brand new to our facility (February 2009) and pieces are listed below:

### CARDIO

- 6 treadmills
- 3 crosstrainers
- 1 summit climber
- 2 recumbent cycles
- 2 upright cycles



### STRENGTH

- Multi-station consisting of lat pulldown station, tricep station, seated row and cable crossover
- A multitude of single stations for both lower and upper body
- A series of dumbbells ranging from 5-100 lbs.

**URBAN**  
WELLNESS CENTRE

You are personally invited to come and try us out! Meet new people and get into the shape of your life!

**This coupon entitles  
you to  
ONE FREE TRIAL  
SESSION**

Includes any lunch time or evening classes

**1 trial per person only**

Call 949-1846 or email  
info@urbanwellnesscentre.ca  
to make arrangements!

