

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

Tel: 204-949-1846

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

EXTREME FITNESS

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!

