



## GOODLIFE FITNESS MEMBERSHIPS

The anniversary date for our current GoodLife program is January 1<sup>st</sup>, 2010. The AAPSP is pleased to announce that we will continue to offer discounts on fitness memberships to our valued employees. For your convenience, we will also continue to make payment for these memberships available through payroll deduction. Your bi-weekly payroll deduction amount will be **\$19.19** (x 26 pays). This rate is inclusive of all card, tax and processing fees.

\*We require a minimum of 10 employee participants in order to continue with this program.

\*\*Spouses/Significant others of our employees are also eligible for this preferred membership rate once the employee becomes a GoodLife member. Spouse/significant other is defined as husband, wife, girlfriend, boyfriend, same sex partner, living under the same roof.

\*\*\*\*\***Provided that we have enough employee interest the memberships will begin/renew January 1<sup>st</sup>, 2010. You will also be required to sign a payroll deduction letter.**

Questions??? Contact Lisa Smith @ 519-452-2000 x 20268 or email: li.smith@tvdsb.on.ca

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### GOODLIFE FITNESS MEMBERSHIP

Name of AAPSP Employee: \_\_\_\_\_

I am a new member     Yes     No

I am a renewing member         Yes     No    If yes GoodLife membership number: 11055\_\_\_\_\_

My spouse is a new member     Yes     No

My spouse is a renewing member  Yes  No    If yes GoodLife membership number: 11055\_\_\_\_\_

If yes, name of employee spouse: \_\_\_\_\_

Day Time Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

\*\*I am a current GoodLife member but not under The AAPSP program. I would like to join under this program  Yes. If yes, you will not be charged a cancellation fee in order to join under this program.

#### Membership Includes:

- ❖ Access to over 190 GoodLife Fitness Clubs across Canada
- ❖ Access to the best cardio and strength training equipment
- ❖ World renowned **Group Exercise** fitness programs exclusive to GoodLife
- ❖ Visit [www.goodlifefitness.com](http://www.goodlifefitness.com) for class schedules and locations
- ❖ Friendly staff who take the time to care about you and your goals
- ❖ Complimentary towel service (where available)
- ❖ Child minding (optional fee)
- ❖ Discounts on personal training when you first begin your membership
- ❖ Please submit your response by **December 15<sup>th</sup>** to allow for processing time. If you do not renew your membership will automatically expire on **December 31<sup>st</sup>, 2009.**

#### Benefits of Fitness:

- ❖ Increase energy
- ❖ Lose unwanted pounds
- ❖ Reduce your risk of heart disease, stroke, diabetes, cancer and obesity
- ❖ 3 times a week is all it takes to achieve the results you desire!