



Corporate Health & Fitness Program

\$29.95
per month +GST
+ 4 complimentary
fitness
consultations

20%
all Personal Training
Packages on any new
purchase package
or renewal



Thames Valley District School Board

Services Include: Guest Privileges to all Athletic Club Facilities, 100's of Pieces of Cardio Equipment, Huge Variety of Group Fitness Classes (Spinning, Yoga, Hot Yoga, Pilates and more), Women's Only Facilities with Xpress Circuit Training, Salt Water Pool & Group Fitness Studio, Unlimited Use of Aquatic Fitness Programs, Spa Facilities including Saunas & Steam Room, Members Lounge, Juice Bar & Pro Shop.

Fitness Consultation: flexibility and strength limitation testing, measurement of blood pressure and resting heart rate, muscular endurance assessments, total body measurements, a body composition analysis, a cardio-vascular assessment to evaluate how efficiently your heart and lungs function during exercise, determination of equipment knowledge based on a range or movement, speed and control of exercise, breathing patterns, body positioning and isolation, exercise prescription.

SERVICE

RATE

DESCRIPTION

Athletic Club Membership

*based on a minimum
1 year agreement
Corporate Incentive

\$29.95/ month +gst

Included choice of:

Option 1: Free VIP Upgrade

*Mandatory Initial
Consultation (IC)
(Value \$30.00)

OR Option 2:

Free Annual Consultation Upgrade (AC)

- Monthly payments (PAP) or pay in full (PIF)
- Extended to immediate family members

- **VIP Upgrade** = Choose one of the following services to add to your membership
Childcare, Squash or Towel Service

- **AC upgrade** = 4 fitness consultations/year
(Value \$90.00)

Referral Rewards

*New member referral must
join 1 year agreement.

Included choice of:

Option 1: \$2.00 membership
rate reduction for every referral
to a minimum of \$19.95/per
month OR

Option 2: \$25.00 cash back
for each referral.

- Reduce membership fee by referring friends
and family.

Personal Training

**20% OFF all Personal Training
Packages (new or renewed)**

- Ask at the front desk today!

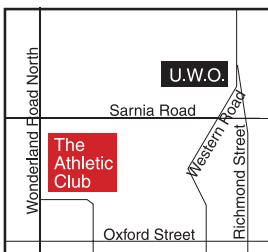
Additional Notes:

- Immediate Family: Employee's spouse, children, common law spouse, common law children, parents or siblings who live in the same dwelling. Employee must be present in order for family member to receive discount price.
- Employees and family can walk in or call to book an appointment and join. Must bring proof of employment. (Pay stub or name badge).
- No additional fees (card, administration, registration fees).
- Require void cheque for post dated payments.
- Time freeze/medical freeze available.
- * Promotion will be on-going but can be subject to change at any time.

2 WEEKS FREE

20% OFF
all Personal Training
Packages on any new
purchase package
or renewal

Local residents, 18+ only.



LONDON NORTH
Wonderland & Beaverbrook
519.471.7181

OPEN 24 HOURS
www.theathleticclubs.ca

LONDON SOUTH
Wonderland & Southdale
519.686.8777

