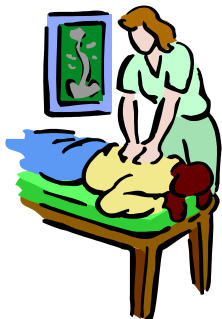


SERVICES

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



RATES

1 month Membership Cost:

\$50 + GST = \$52.50

3 month Membership Cost:

\$135 + GST = \$141.75

6 month Membership Cost:

\$240 + GST = \$252.00

Annual Membership Cost:

\$450 + GST = \$472.50

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

HOURS OF OPERATION

Monday to Friday

5 a.m. to 8 p.m.

Saturday and Sunday

8 a.m. to 4 p.m.

Conveniently located in cityplace retail mall within the heart of downtown Winnipeg. If you live or work downtown, you should definitely check us out!



201-333 St. Mary Ave.

(2nd floor of cityplace)

Email:

info@urbanwellnesscentre.ca

URBAN
WELLNESS CENTRE

FITNESS CLASSES

	Mon.	Tues.	Wed.	Thurs.	Fri.
11:30 a.m.-12:20 p.m.	Level 1 Yoga	Core Power And Muscle Up	Cardio Craze	Hard Core Circuit	4 x 4
12:30 p.m. - 1:20 p.m.	Body Weight Training	Guts & Butts	Hard Core Circuit	Low Impact	Core Power and Muscle Up
4:40 p.m.-5:30 p.m.	Hard Core Circuit	Level 1 Yoga	Fusion	Guts & Butts	

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 pull-down 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 (boot camps not included)

Expires: **December 31, 2009**

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



URBAN
WELLNESS CENTRE

201-333 St. Mary Ave.
(2nd floor of clyplace)

204-949-1846

Email: info@urbanwellnesscentre.ca

Website: www.urbanwellnesscentre.ca