





**Are you a member of the
Manitoba Association of Retired Government Employees?**

Shapes Fitness Centres are pleased to offer staff and any family members (residing at the same address) a discounted one-year membership!

Shapes Club Information

- Largest combined selections of weights and cardio equipment in the city 
- ½ price hot yoga, barre yoga and Queenax classes
- FREE premium of your choice for 30 days
- FREE professional fitness assessment and customized fitness program
- Largest women's only health club in Canada 
- FREE group fitness classes
- Exclusive member discounts from our Member Rewards Programs
- Going away? Freeze your membership for up to 3 months 2x a year
- Corporate rate is price protected!
- FREE wall climbing
- Existing members qualify (*some restrictions to qualify*)
- Over 400 group fitness classes weekly and over 200 certified fitness instructors.
- State-of-the-art Hot Yoga rooms created by experts from San Francisco available at all locations.
- Child Activity Centre. You can play while your kids play.
- Started in Winnipeg and exclusive to Winnipeg. Celebrating 25 years!

Regular rate: \$23.25 bi-weekly (plus GST) with a \$55.00 enrollment fee.

MARGE Rate: Only \$16.26 bi-weekly (plus GST) with \$0.00 Enrollment Fee!

When you invest in personal training you can receive a 7-day meal plan and nutrition guidelines along with a 30 min phone call with Dr. Kevin Richardson. If you are ready for real results, then please contact Kevin at: kevinric@shapes.ca for more information. This offer ends February 29, 2020.

