

SURVEY OF FITNESS FACILITIES IN THE REGION

Please contact the facility directly.

CITY	FACILITY	BRIEF DESCRIPTION OF SERVICES	SPECIAL RATES FOR DSBN
FORT ERIE	Curves for Women 1264 Garrison Road 905 871-1977	Female oriented facility 30 minute circuit total body strength training and aerobics	Membership entitles use of Curves (worldwide) Waived \$ 199 sign-up fee \$ 44 monthly on pre-authorized payment plan
NIAGARA FALLS	Curves for Women 7000 McLeod Road 905 357-2226	Female oriented facility 30 minute circuit total body strength training and aerobics	Membership entitles use of Curves (worldwide) Waived \$ 199 sign-up fee \$ 44 monthly on pre-authorized payment plan
	Hardbodies Fitness Centre 6080 McLeod Road 905 371-3510	Weight and cardio, men's sauna	\$50 monthly, 3 months \$135, 6 months \$205, 1 year \$360
	Valleyway Health & Athletic Club 6150 Valley Way 905 357-0422	Personalized trainers, cardio, weights, aerobics, alternative health care clinic	\$50 registration/ \$35 monthly on pre-authorized payment plan
NIAGARA-ON-THE-LAKE	The Club at White Oaks 253 Taylor Road 905 688-2032	Newly Renovated - Pilates, Yoga, personalized training, Spinning, Fitness & Racquets Spa with Aesthetics, pro-shop, Starbucks, Formal Restaurant and Lounge	No corporate plan at this time \$90 per month for single, \$170 for couple. Call White Oaks for Enrolment Fee and other specials
	Curves for Women 1615 Niagara Stone Road (Hwy 55) 905 468-9900	Female oriented facility 30 minute circuit total body strength training and aerobics	Membership FROM Sept 1 to Nov. 30 - Waived sign-up fee \$ 44 monthly on pre-authorized payment plan
PELHAM	Pilates Niagara 905 892-1239	Pilates, classic yoga, tai chi	\$ 50 /60 min. private lesson, \$ 35/60 min. semi-private
ST. CATHARINES	Body Shop 225 St. Paul St. W. 905 988-9007	Co-ed gym/training centre – no contracts. Wide variety of classes to first timers or professional athletes	4 months - \$125 8 months - \$175 12 months - \$200
	Curves for Women Port Plaza, Unit 1 600 Ontario Street 905 646-9101	Female oriented facility 30 minute circuit total body strength training and aerobics	Membership entitles use of Curves (worldwide) Waived \$ 199 sign-up fee \$ 40 monthly on pre-authorized payment plan
	Goodlife Fitness 905 682-2200	Yoga, tai chi, pilates, Better Backs, Awesome Abs classes, pro-shop, personal training	Teachers receive discount with EdVantage card. Support staff to contact facility directly for specials as no corporate rate
	Fitness Alive 905 688-1680 63 Church St.	Female oriented, Yoga-fit, Tae-box, spinning, cardio, weights, pilates and much more - open 5.45 am – 9.30 pm	Waive registration fee \$ 44 per month

ST. CATHARINES Cont'd	Fitness Studio 159 York Street 905 984-6191	Personal training for quick results	Take 15% off Regular \$ 297.50/10 sessions = \$ 29.75 per session
	Fulton 24 Hour Fitness Clubs 14 James Street 905 688-8400	Co-ed and Women's only club, cardio, weights, personal training, saunas,	\$ 24/mo Women (back entrance) \$300 Co-ed club Call for other packages
	Mademoiselle Ladies Fitness & Spa (2 locations) 905 937-8888 (Grantham Plaza) 905-641-8858 (Pen Centre)	Female oriented. 3-pce private baths, gym, spa, cardio, weights, exercise equipment, massage, wet sauna, whirlpool, aesthetics, aerobics, yoga, tai bo, pilates, tai chi, kick box, circuit boxing. Membership to Mademoiselle entitles access to Premier Fitness (access to 30 clubs)	\$100 fitness assessment \$19.50 bi-weekly with first month free. If you register with a copy of this flyer, you also receive a 7-day pass for you and your family. Membership accepted at all Premier and Mademoiselle fitness centres
	Premier Fitness 905 935-8887 (Premier Plaza)	Premier Fitness is co-ed with above amenities plus 25 meter pool.	
	Yoga by Sarah 20 Grote Street 905 682-4469 20 Grote St. St.Catharines	Co-ed, yoga and pilates studio. 30 classes weekly including beginners, intermediate, advanced, pre- natal yoga	3 months unlimited use of facility/programs \$202.00 One year \$675 A 10-class pass \$117
LINCOLN	Jammin' Cardio 905 563-8849 Grandstand Hall at the Fairgrounds in Beamsville	High energy dance fitness From Latin to Hip Hop	12 week session \$ 11 per 2 hour session/starting September 17, 2007
VIRGIL	Balance Fitness Studio 1561 Niagara Stone Road 905 468-9007	Co-Ed gym. Cardio,weight room, pilates, yoga, spinning, personal training, massage therapy, physiotherapy, holistic nutritionist, shower facilites	15% off any membership package. No minimum number. Complimentary fitness assessment. Waived \$60 enrolment fee
WELLAND	Galaxy 2000 Health Studio 905 735-1804 454 McAlpine N.	Co-ed, health studio, cardio, weights, exercise equipment, sauna, aerobics, pilates,	Corporate of \$250 per year or \$6.00 per visit
	Ultimate Women's Fitness Studio 905 714-7801 225 East Main	Female only, gym, yoga , pilates, spinning, steam room, spinning & much more	\$60. enrollment + \$40 monthly Corporate rate/discount waiving enrollment fee