



THIS IS FIT

Fitness comes in different shapes and sizes. It's a lifestyle choice that we embrace and encourage, in whatever form fits for you. Take a class (choose from over 70 classes per week), go for a swim, or just do your own workout in the gym. We've got it all and more!

CORPORATE OPEN HOUSE | SEPTEMBER 8 - 18

FREE WORKOUTS WITH TOWEL SERVICE

VISIT MEMBER SERVICES OR CALL AL TRINIDAD 604-895-5815

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NO JOINER FEE ON NOW

**HEALTH
FITNESS**



YWCA Health + Fitness Centre
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