

**PREMIER  
FITNESS CLUBS**



**mademoiselle**  
WOMEN'S FITNESS & DAY SPA

## ATTENTION ALL ADTO MEMBERS

**GET FIT LOSE WEIGHT FEEL GREAT**

Premier Fitness and Lifestyle Clubs in the GTA - and their affiliate partners (35 locations in the GTA & Southern Ontario) have arranged for all of our members to receive a very special  
**Corporate Fitness Discount**  
For more details or to sign up  
Call Paul Bartholomey at (905)842-2366

REGULAR RATE: \$249 registration / \$29.50 Bi-Weekly  
OUR SPECIAL CORPORATE RATE  
GOLD MEMBERSHIP - includes all locations  
**Only \$17.50 Bi-Weekly - \$0 registration fee**

### INCLUDED IN YOUR MEMBERSHIP:

- + FREE Parking
- + FREE Child Care
- + All Fitness Classes (plus specialty classes: Yoga, Pilates, etc.)
- + Cardio Equipment and Cardio Theatre
- + Toning, Shaping & Strengthening Equipment
- + Towel Service
- + Steam Room
- + Swimming Pool
- + Executive Change Rooms (soap, shampoo, conditioner provided)
- + Personal programs and instruction are available every 12 weeks for a one-time fee of \$100.00

FOR INTERACTIVE PICTURES AND FLOORPLANS OF ALL THEIR FACILITIES AND LOCATIONS PLEASE VISIT [WWW.PREMIERFITNESS.CA](http://WWW.PREMIERFITNESS.CA)

**Enroll before March 30<sup>th</sup> and receive 2 months free for a family member and/or inquire about our family rates**