

WRHA Staff Appreciation and Recognition (StAR) Employee Discount Program




Do you work for the Winnipeg Regional Health Authority?

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

WRHA Rate: Only \$15.35 bi-weekly (plus GST) with \$0.00 Enrollment Fee!
Regular rate: \$23.25 bi-weekly (plus GST) with a \$55.00 enrollment fee.

Discount available at all locations. Show your employee ID to receive offer.

Shapes Health Club information

- Largest combined selections of weights and cardio equipment in the city 
- 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!

Has it been a long time since you have belonged to a gym? Maybe you never have. That's okay! The biggest misconception people have about the gym is it is about physical health when its more about mental health. Decreased stress and improved mood should be the goal. But how do you get started? Ask Kevin about his 3x3x3 plan. It's a free consultation via email to help you decide if you are ready to start going to the gym. Just send an email to kevinric@shapes.com and let's see if we have what you are looking for. Don't forget to ask him about specials and promotions to help you save even more!

<https://www.shapes.ca/>

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