

# YOUTH FITNESS STUDIO

*Free* Drop in  
Fitness Facility for  
youth ages 12-17 yrs



## Hours

Tuesdays & Thursdays

4 – 9 pm

Saturdays

12 – 4 pm

## For more info

email

[info@elevateyourhealth.ca](mailto:info@elevateyourhealth.ca)

Call Laurie @ 613-401-1104



## Come in and try

- Rowing Machine
- Elliptical
- Treadmills
- Spin Bikes
- Universal Gym
- Hand Weights
- Punching Bag
- Circuit Training
- Resistance Tubes
- Bosu Balls
- Kettle Balls
- TRX Suspension
- Fully adult supervised to answer any questions and to ensure a safe workout for all.
- Special events 2x monthly- Tae Boxing, hip hop, Zumba, yoga, Tabata, Bootcamp
- Just walking by and no running shoes or workout wear with you...? No problem, we have some for your use!

PHOENIX CENTRE

130 Pembroke St W