

GoodLife FITNESS

Your **NEW** Kingston Norwest 24 Hour Co-Ed Club



Spacious, modern facilities to include...

- State-of-the-Art Cardio Equipment
- Free Weights and Strength Training Equipment
- Group Cycling Studio
- Group EXercise Studio
- Cardio Theatre with Plasma TV's
- JUMP! Child Minding
- Personal Training
- Lounge with Massage Chairs
- Tanning Salon
- Dry Cedar Saunas
- Stretching Area
- Towel Service
- Pro Shop