

# Welcome!

Hi, I'm Andy Luukkonen. For more than 20 years now, we have helped Uxbridge and area residents move better, feel better and perform better. My highly trained, certified and professional staff and myself have learned to never stop learning! I mean going above and beyond the scope of taking short courses just to keep certifications up to date. The health and fitness industry is always evolving with new research. We always take into consideration what makes you different from everyone else and apply what we learn to get you results. Our collective knowledge, network of health and medical professionals both locally and internationally and our desire to keep learning is what truly sets us apart from any other facility. Simply put, we know what we are doing and we are really good at it!



Unlike most trainers at weight-loss or exercise facilities, we really understand anatomy and biomechanics. Most trainers could not tell you the muscles of the rotator cuff never mind what they do! We all have postural and/or movement flaws. Being able to identify and correct them is what makes us the better choice. My Trainers create exercise programs designed to address mobility issues unique to you. Should you choose to work with one of my Trainers, you will be guided through the whole process of our Functional Movement System with regular evaluation and necessary adjustments to your plan.

If you are serious about the commitment, we can guarantee results!! Whether your goal is weight loss, weight gain, or obtaining that competitive edge, my trainers and I deliver results backed by science and a track record of satisfied clients.

Sincerely,

Andy Luukkonen  
Owner, Body Fit Health Club  
andy@bodyfit.ca

*On a whim I decided to give this program a try. Seven weeks later I am in better shape that I have been since university, I have lost over 30 lbs, and I have more energy to play with my daughter. I am so grateful to the team at Body Fit for everything they did to contribute to my success.*

*Don Kemball—7 Week Transformer*

*Work with a Trainer! The worst thing is investing time and hard work and not getting the results you expected...*

*A friend may know what works for them but a Trainer knows what will work for you.*

*~ Judy Marshall*

## Hours of Operation:

**Monday to Thursday: 5:30am - 10pm**

**Friday: 5:30am - 9pm**

**Saturday and Sunday: 8am - 8pm**

### Weekend Summer Hours:

**From May Long Weekend until the weekend after Labour Day,  
Saturday and Sunday 8am - 6pm**

### We are closed

**New Year's Day, Good Friday,  
Canada Day and Christmas Day**



**Helping you....**

**Move Better,  
Feel Better and  
Perform Better.**



**141 Reach Street, Unit 3  
Uxbridge ON L9P 1L3**

**905-852-6175**

**www.bodyfit.ca**



On site



## Memberships—D.I.Y.

*For the person who says ‘I know what I’m doing and I just want to use the gym’*

### **D.I. Y. Membership Options:**

- **12 Month Membership \$55/month\***

#### **Discounts on 12 Month Memberships**

- Youth (under 18) - 10% discount

- Senior (60+) - 10% discount

- Couples (2 people in the same household) - 15% discount

- Family (3+ people in the same household) - 20% discount

These discounts are given on a 12 Month Membership only.

This is our way of saying “Thank you” for committing to us for a full year. Discounts cannot be combined. You will be awarded the higher savings.

- **6 Month Membership \$65/month\***
- **4 Month Membership \$299**
- **25 Visit Pass \$250**
- **10 Visit Pass \$120**
- **Drop In Rate \$15**

### **D.I.Y. Memberships Include:**

- Full Access—7 days a week, full hours
- Full Use of cardio and wireless FM Stereo television
- Select Fitness Classes (see reception for details)
- Discount to Small Group Training Sessions
- Full use of locker room and shower facility
- 30 Day BUDDY PASS for you to gift to a friend, family member or co-worker!

**Locker Service:** Overnight Locker Rentals for term of membership \$10/month

*Experts agree that those who exercise with a trainer are more likely to adhere to their fitness program than those who do not use a personal trainer. Reduce risk of injury by learning proper techniques. You and your trainer will schedule out the number of sessions that fit into your lifestyle. This schedule will depend on your goals, available time and finances. Some people do each of their exercise sessions with their trainer, others just once or twice per week and some as little as once per month – this is a choice that your trainer will advise you on, but of course, the final decision is yours. Start TODAY!*

## Training on Demand—D.I.Y. with Some Help

*For the person who says ‘give me a membership and a program, show me how to do it and leave me alone...please’*



### **‘D.I.Y. with Some Help’ Membership Options:**

- **12 Month Gym Membership and Personal Training**  
- \$159 (1st month) and \$109/month\* for 11 months and a program update every month  
(minimum 12 month commitment)
- **12 Month Gym Membership and Bi-Monthly Personal Training**  
- \$159 (1st month) and \$89/month\* for 11 months and a program update every other month  
(minimum 12 month commitment)
- **6 Month Gym Membership and Personal Training**  
- \$179 (1st month) and \$119/month\* for 5 months and a program update every month  
(minimum 6 month commitment)
- **6 Month Gym Membership and Bi-Monthly Personal Training**  
- \$179 (1st month) and \$99/month\* for 5 months and a program update every other month  
(minimum 6 month commitment)

\*\$49 Finance fee is applied if client is paying in monthly installments

### **12 and 6 Month ‘D.I.Y. with Some Help’ includes:**

- Functional Movement Evaluation
- Individualized exercise program integrated with a corrective exercise plan that is updated every 4 or 8 weeks and progressively based on the results of your evaluation.
- 1 hour training session every 4 or 8 weeks to demonstrate the program updates
- Full unlimited access to the gym facility for the term of the program
- Full Use of cardio and wireless FM Stereo television
- WIFI
- Unlimited access to Body Fit Fitness classes (Premium classes require additional membership, see reception for details)
- Discount to Small Group Training Programs
- Full use of locker room and shower facility
- 30 Day BUDDY PASS for you to gift to a friend, family member or co-worker!

**Add-On Services:** *The Following Services can be added-on to D.I.Y. memberships*

### **Functional Movement Evaluation with Corrective Program - \$129**

This 3 part system will assess your postural alignment, joint function, joint stability and joint mobility head to toe. We will also conduct both active and passive range of motion tests which help identify specific areas with movement deficiencies requiring corrective action.

- Functional Movement Evaluation appointment (60-90 minutes)
- Corrective Exercise Program to address mobility issues including online exercise demonstration videos of those exercises.
- 60 min Training Session to demonstrate the Corrective Exercise Program

### **12 Week Integrated Exercise Program**

*- \$129 (1st month) and \$79/month for months 2 and 3*

- Functional Movement Evaluation
- Corrective Exercise Program to address your specific mobility issues including online exercise demonstration videos of those exercises.
- Individualized 12 week exercise program integrated with the corrective exercise plan that is updated monthly and progressively based on the results of your evaluation.
- 1 hour training session every 4 weeks to demonstrate the updated training program

### **Boomer Boosters (Small Group Training)**

Focuses on improving strength, coordination and balance for adults over 50. It has a maximum of 8 participants per session and is led by a personal trainer not doing the workout, but focused on you!

### **Workshops/Seminars/Presentations**

1 hour work shops hosted by a trainer to discuss the hottest fitness topics and trends. Get answers to your questions and learn from a credible source. Details posted at the Front Desk.

*Always inquire with a coach for current information on the Personal Training Services and membership services. A Finance Fee\* of \$49+tax is applicable on all memberships and services paid on a monthly basis. Tax applied to all services and memberships and will not be discounted or waived. We reserve the right to amend our policies, procedures and prices. Personal Training Services fees and Membership Fees vary, please ask a coach for details on programs, services and personal training rates.*

*Updated January 2018*