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- Significant savings off regular GoodLife Fitness membership rates
- Access to over 250 GoodLife Fitness Clubs across Canada and 30 Energie Cardio Clubs in Quebec
- Corporate rate extended to 4 additional family members
- State-of-the-art cardio equipment
- · All free weights and weight machines
- World-renowned Group Fitness classes
- Professionally trained staff to assist you in achieving your goals
- Towel Service (where available, except Energie Cardio)
- Child minding (where available at an additional fee)
- Seeking a health or fitness assessment? Ask the club about a LifeChanger
- 24-hour locations (select clubs only)
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