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Premium Destination for Fitness Apparel and Nutrition Supplements

100 Best Service

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100 Best Pricing

Try it on & workout: 2220 Dewdney Ave., Regina, SK





FREE 3 DAY TRIAL

When you feel better and are happier with yourself, all kinds of great things can happen. You know this. Why wait to get fit?

We are a small gym full of friendly people dedicated to getting you fit fast. We have no contracts and no extra fees.

Use your own program or one of our trainers. Either way, you'll like what you see here.



"A world-class gym, designed to break from your comfort zone and push the envelope to elevate your fitness goals to a new level."

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Scan for more information.

OPEN 24 HOURS A DAY FOR MEMBERS

LET'S BUILD MUSCLE, GET YOU LEAN AND STRONG!