

# Shewy's *Fitness & Athletics*

Our gym is more than just a place to work out; it's a community of like-minded individuals committed to achieving their fitness goals.

## WHAT WE OFFER

- Personal Training/Team Training
- Massage Therapy
- 24/7 Access
- Boxing Fitness
- Tanning
- Track
- Synthetic Ice (Shooting & Skating)
- Training Court (Basketball & Volleyball)
- 120ft Turf
- Nutrition Counseling

# START YOUR FITNESS JOURNEY TODAY!

1 YEAR MEMBERSHIP

**\$439** +TAX

## LOCATION

130-1260 8th Avenue, Regina, SK

## CONTACT

[shewy.fitness@outlook.com](mailto:shewy.fitness@outlook.com)

[www.shewyfitness.ca](http://www.shewyfitness.ca)

