

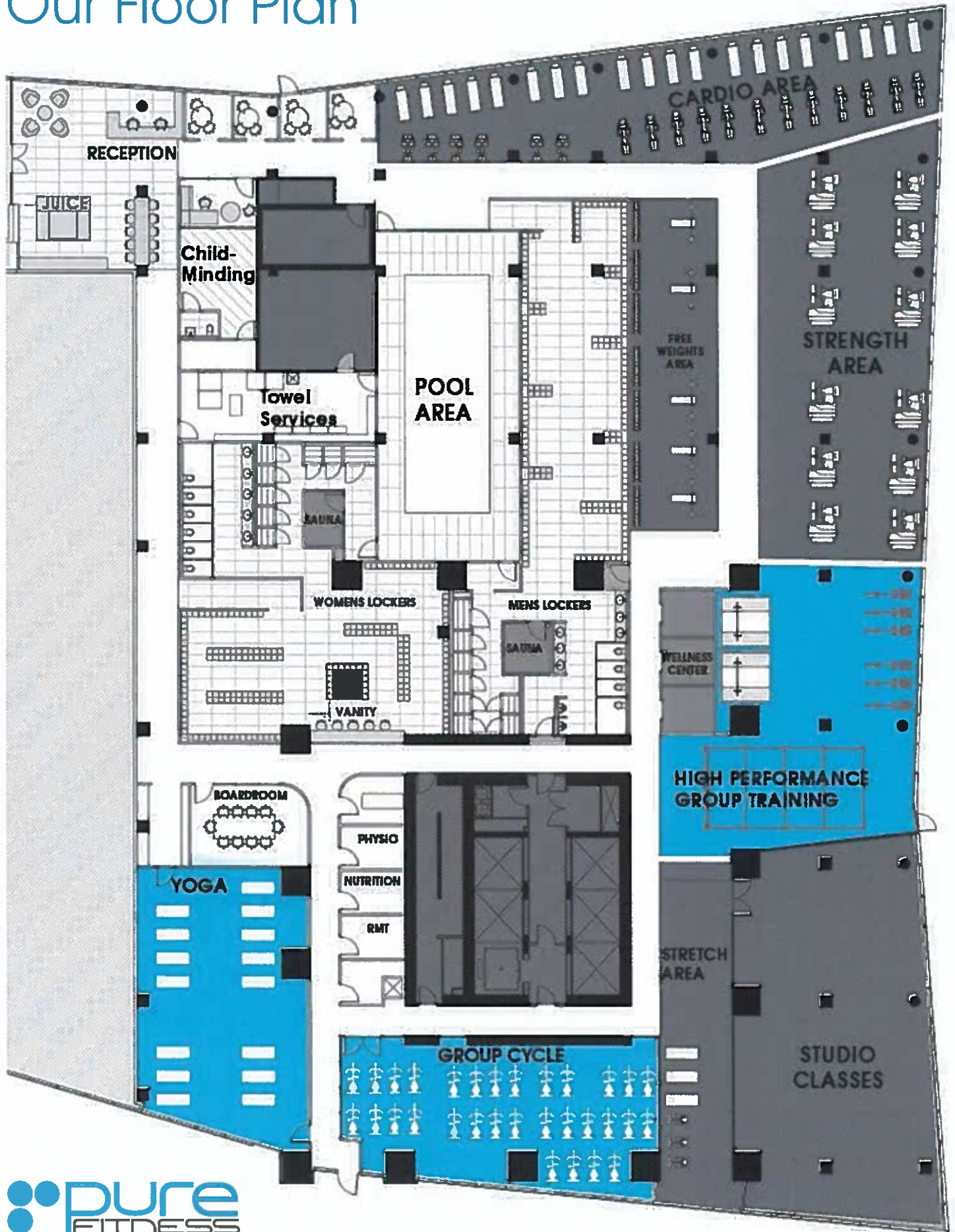


## Our Company



Pure Fitness Canada, Harbour Plaza, will open its doors August 2017 welcoming all new members to its exciting fitness club in the Downtown area. A Canadian owned company, operating in the health and fitness industry for over 27 years, creating Toronto's finest facilities. Pure Fitness shows well planned interior design; an impeccably clean environment; a warm, comfortable and inviting atmosphere with a healthy dose of natural sunlight throughout. Our commitment is to provide the best fitness equipment, group classes and professional services that the industry has to offer.

# Our Floor Plan





## Your Membership & Privileges

- State-of-the-Art Cardiovascular & Strength Fitness Equipment
- Benches and Power Racks
- Free Weights
- Pool
- Reception
- Members Lounge
- Social Events
- Himalayan Salt Sauna
- Private Showers and Vanities
- Free Educational Seminars
- Boardroom Rental
- Group Lunch & Learn Open Houses
- 3Day Guest Access
- Wellness Centre Consultations and Assessments

For Additional Resident  
\$55/Month

## We Offer Additional Programs & Services

All-Inclusive  
Membership,  
\$64/Month

- Includes Main Studio, Yoga Studio, Group Cycle Studio Classes
- Includes Towel Service

For Additional Resident  
All-Inclusive \$109/Month

Professional  
Services

- High Performance Group Training
- Personal Training
- Physiotherapy
- Registered Massage Therapy
- Nutrition Services
- Juice Bar and Pro Shop
- Child Minding
- Overnight Locker

FOR MORE INFO:

[daniel@purefitnesscanada.com](mailto:daniel@purefitnesscanada.com) 416.429.7873





## Your Equipment

TechnoGym



LifeFitness



Iron Grip





## Your Wellness

### **Assessments, Consultations, Progress Reporting.**

The assessment and consultation will be comprised of physical tests and a questionnaire.

We use these consultations to help us find your current levels health, your desired goals, and the amount of time and training that will be required for you to achieve your goals.

The most important evaluation that will take place is the functional range assessment (FRA), because this will help us answer two very important questions:

- 1.) How healthy and prepared are the structures of the body for what you are demanding of it?
- 2.) How much negative neurological change has occurred due to current lifestyle?

### **This will change your life.**

Functional Range Conditioning® (FRC) is a comprehensive joint training system developed by world-renowned musculoskeletal expert Dr. Andreo Spina. The principle of FRC is to help optimize your joint function, which will benefit your workouts, daily-life and reduce your risk of injuries.

The Pure Fitness Wellness Centre is proud to have two certified practitioners of the FRC system. Dr. Andreo Spina has referred to them as prodigies, and now directors of Pure Fitness Wellness Centre,

**Matthew Sookdeo** and **Greg Orr**.

*"FRC is scientifically designed to aid in regaining and maximizing the functionality of the joints throughout your body. By following this system you will see tremendous improvements in your ability to exercise, daily life and a reduced risk of injury."*

**Matthew Sookdeo**, Functional Range Conditioning Mobility Specialist.

*"Over time, without proper movement and exercise our joints degenerate and our ability to use them weakens.*

*The FRC system helps to regain and improve that lost functionality."*

**Greg Orr**, Functional Range Conditioning Mobility Specialist.

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