



GoodLife FITNESS

Members will notice an increase in their energy and concentration levels, a boosted immune system, as well as an improved level of endurance and strength. Stress is managed more easily and is often drastically reduced.

Corporate Wellness Benefits for Association Members

- Improved quality of life
- Reduction of physical and mental strain
- Greater longevity
- Better appearance, improved self-confidence
- Reduction of health risk factors
- Discount incentives for association members and their **family members**

Rate

| OCA MEMBER PRICE | REGULAR PRICE |
|--|---|
| Paid in Full (PIF) \$499 + HST | \$909.74 + HST |
| Bi-weekly \$24.00/month +HST (includes towel service) | Bi-weekly \$34.99/month + HST (includes towel service) |

Simply use your **OCA member number** to start your GoodLife membership.

NOTES:

- No enrolment fees
- Towel service included, where available (except at Énergie Cardio)
- PIF = Paid in full via credit card
- Bi-weekly pre-authorized payments via personal banking
- All memberships subject to applicable taxes