

**GoodLife**  
**FITNESS.**



# Enjoy Improved Fitness, Mental Health & Well-Being

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## Ottawa Construction Association

Save with \$0.00 enrollment &  
**25%** discount off all membership types



Join at [corporate.goodlifefitness.com](https://corporate.goodlifefitness.com)

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## Corporate Membership Benefits:

- Reduce stress and feel great - physically and mentally
- 200+ clubs in Canada - some with 24-hour access
- Discount extended to two family members once employee/member has joined
- World-renowned Group Fitness classes
- GoodLife On-Demand delivers online workouts wherever and whenever you want
- GoodLife Rewards offers savings and exclusive deals from GoodLife partners
- [Scan to see what GoodLife offers!](#)



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**Scan to book a tour and  
one-visit trial pass!**



Valid Until: September 4th, 2025