

FITNESS PROGRAM

The largest network of fitness centres in Québec, with more than 70 centres



Partners for your fitness!

The members of the CQCD can now benefit from a 15% discount* off the regular price of any annual Optimum Membership that includes:

- ♥ Personalized exercise program
- ♥ 3 training sessions supervised by a trainer
- ♥ Strength-training (free weights included) and cardio equipment
- ♥ Group classes in private room (aerobic dance)
- ♥ Access to all centres in the network!**

To maximize your results, choose one of our private training packages or the weight loss program Kilo Cardio Silhouette and also get a 15% discount.*

How to join?

Fill out and cut off the « Corporate Advantage» card below and present it in the Énergie Cardio centre of your choice.

To find the Énergie Cardio nearest you, call :

1 877 ENERGIE

or visit our Web site at

www.energiecardio.com

*Discount before taxes. Monthly rate is also valid for spouse. Prices are subject to change without prior notice. Details on rates and available services at individual centres. **Small extra charge at Sélect and Sélect pour Elle centres.

“Corporate Advantage” card



Your organization has made an agreement with Énergie Cardio.

Organization : _____ Centre : _____

Member's name : _____ Date : _____

Your membership card must be presented with this coupon.