

# Énergie Cardio

## Preferred rates

\$80 corporate discount applicable on a 12-month DETERMINED membership plan only.

Offer valid to July 31, 2023.

## Membership includes:

- No admission fees
- A one-hour 1-on-1 session with a personal trainer and an *InBody* self-assessment
- 5 InBody body composition self-assessments
- 6 X 1-on-1 session (30 minutes) with a personal trainer
- Access to: cardio and weight training machines, free weights, all group fitness classes (including cycling), sauna and showers
- 4 general workout plans every month
- Coaching Hour (trainers on hand providing support and instruction on machines)
- Access to gyms across Quebec

## ***InBody* self-assessment includes a complete assessment of body composition and a detailed report on:**

- Muscle mass
- Body fat
- Visceral fat
- Water content
- Localized muscle and fat analysis
- Bone minerals
- Basal metabolism

Find out more

- Toll free: 1-877-ENERGIE (1-877-363-7443)
- Visit: [energiecardio.com](http://energiecardio.com)

## To benefit from this rebate

Offer available with retiree card.