

STEP THREE: Your membership

Membership works on a month-to-month basis. There are no sign-up fees and no cancellation fees. Start and stop whenever you want. And the best part? Our fees are the most competitive in the whole downtown area.

STEP FOUR: Your community

At **Best Body Fitness**, we see everyone as part of a big team. And when you work with a team, you can do great things. Join any of our specialised classes, led by expert instructors. Come to our nutrition classes. Participate in our regular social events. Everything is included in your fee.

Finally, we wanted to share with you some reasons why our members say that they have chosen us over any other fitness centre in the city.

It's so EASY

- Easy to start, stop, cancel or refund a membership
- Easy to access – we're open 24/7, we never close
- Easy to do exercise – we have lots of equipment, no long wait
- Easy results – our trainers and equipment give you success, fast
- Easy to find – in the centre of town, near public transport and with parking