

# Welcome

## to GoodLife Fitness!

You may have joined as a group, but we would like to treat you as an individual. Please be sure to read the following to ensure you have a worry-free visit your first time in the club.

Your membership is valid at all GoodLife Fitness locations across Canada. To start using our clubs, choose the location most convenient for you by visiting our website at [www.goodlifefitness.com](http://www.goodlifefitness.com).

There you will find all clubs, their amenities as well as their address and phone number. Once you have selected your club location please call to book an appointment for your first tour of the club and activation of your membership! We also highly recommend you book new member orientations to ensure that you get started in the right direction to achieve your goals.

### How to obtain your corporate key tag membership card

- Visit your GoodLife Fitness club location of choice
- Indicate you are there to pick up your new key tag membership card
- Complete the required registration form (including liability waiver and emergency contact information)

***Remember to inquire about your new member guide – don't miss out on your chance for in club savings!***

### Your New Member Guide contains useful information such as:

- How to sign up for your Free Personal Health Consultation
- What Lockers are available to you
- Your First Free Tanning Session Coupon
- How to get involved in Personal Training
- How to access our Group Exercise schedules
- How our Junior Up and Coming Member Program! (JUMP!) works

**I hope you enjoy your time at GoodLife Fitness and look forward to seeing you there!**



**Michael Boyce**  
Vice President  
Corporate & Business Development