



GoodLife
CORPORATE WELLNESS

Welcome Letter

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.

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 request a brief meeting with a Fitness Advisor or other club Associate!

A Fitness Advisor will provide such information as:

- How to get involved in Personal Training - Ask about the LifeChanger
- How to access our Group Exercise schedules and other class information
- How our Child Minding* (JUMP!) program works (*where applicable)

If you are a Quebec resident and will be attending an Energie Cardio location, please note the following:

You will need to provide a Registration Form to the Energie Cardio location on your FIRST visit. This form will be provided to your company administrator by our Corporate Wellness office post your enrolment. This form includes some important information that will be completed for you by the GoodLife Corporate Wellness associate. You will NOT be granted access without this form. If you have any questions regarding this process please contact 1-877-348-8742.

Please bring valid photo ID to the club in order to pick up your membership key tag.

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

Michael Boyce
Vice President | Corporate & Business Development