

Finally, A Fitness Centre Fit for You

Specialized for 50+



Richard Gafter,
Kinesiologist | Owner



Professional, warm and friendly



Service fit for royalty

Get Rid of Stiffness & Fat
Sleep Better & Relieve Stress
Improve Muscle Mass & Tone
Increase Stamina
Feel Wonderful!

NO CONTRACTS · NO MIRRORS
NO LOUD MUSIC · NO SPANDEX

Personalized Fitness Coaches
Free Stretch & Osteo Classes
Specialized Back School
New Equipment
Free Parking & Lockers

MedEx 
Fitness Centre

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For Your
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(250) 382-5050
**by appointment*

Mention code **NEWYEAR**
for your appointment

**DISCOVER WHY DOCTORS
& MEMBERS RAVE ABOUT
MedEx Fitness Centre**

www.medexfitness.com

435 Simcoe - James Bay Square (next to Thrifty Foods)

Special thanks to Carolyn Sadowska for playing the Queen