



24/7

GET YOUR
GYM ON!



6,000 Square Feet
Cybex Equipment
17 Cardio
Machines
Olympic Weights
Personal Trainers
Try MedEx!

Senior Discounts

Student Discounts

Corporate Specials

**Do yourself a favour:
join the gym!**

Gym Memberships
starting at \$30 per month.
Available for 1, 3 6 and
12 month terms.



INTEGRATED
Health Centre

Phone: 613-732-3333 | www.integratedhealthcentre.ca
570 Nelson Street, Pembroke (along the Ottawa River)