



GoodLife FITNESS®

**Enjoy  
Improved Fitness,  
Mental Health  
and Well-Being**

**LiUNA!** LOCAL  
183  
*Feel the Power*

Save with **\$0** enrollment & a **discount** off all memberships

To access the program, please email Local 183 at [info@liuna183.ca](mailto:info@liuna183.ca) to request an ID number

Join at  
[corporate.goodlifefitness.com](https://corporate.goodlifefitness.com)



### Corporate Membership Benefits:

- Reduce stress and feel great – physically and mentally
- 200+ clubs in Canada; some with 24-hour access
- Discount extended to two family members once employee/member has joined
- World-renowned Group Fitness classes
- GoodLife On-Demand delivers online workouts wherever and whenever you want
- GoodLife Rewards offers savings and exclusive deals from GoodLife partners

SCAN TO SEE  
WHAT GOODLIFE OFFERS!



SCAN TO BOOK A TOUR  
AND ONE VISIT TRIAL PASS!

Valid Until:  
01/31/2026