



**get**  
*spin*

studio  
416•850•0843

Total Body Experience

# Central King West's newest hotspot for Cycling, Pilates and GRAVITY®.

*Get Spun*, a boutique fitness studio which offers the unique combination of cardio, core and strength training for all levels. Indoor Cycling, along with Pilates are hugely popular workouts aimed at the total body experience. In addition to the cardio and core training, we are proud to be the first private studio in the heart of downtown Toronto to offer GRAVITY. In under an



hour GRAVITY offers a full body strength training program with core stability, stretching and a cardio component. It is on the leading edge for studios today. Our instructors create a comprehensive schedule of Cycling, Pilates, and GRAVITY classes in a motivating and encouraging atmosphere for all levels of fitness. Come in and Get Spun today.

## Programs Offered:

- Cycling - 20 bikes
- Pilates - Mat - group or individual
- GRAVITY System - group or individual
- Personal Training

## Amenities:

- Juice Bar - power shakes, water and snacks
- Lounge - to relax following your workout
- Change rooms - fully equipped with showers and lockers
- Merchandise - the latest in mens and womens workout and lounge gear

## Rates: (incl. taxes)

Group Cycling - single .....	\$18
Group Pilates - single.....	\$18
Group GRAVITY - single.....	\$34
Personal Training - by appointment	

## Packages\*: GRAVITY

4 sessions for .....	\$115
8 sessions for .....	\$210
12 session for .....	\$280

## Packages: CYCLING/PILATES

1 month unlimited cycle.....	\$100
3 month unlimited cycle.....	\$270
1 month unlimited pilates.....	\$135
3 month unlimited pilates.....	\$350
10 pack class cycle/pilates.....	\$150
20 pack class cycle/pilates.....	\$270

\*Packages do not include GST.

Please enquire about our multi-service discount packages

Get Spun is on-line! For your convenience you can check out our schedule of classes, register and pay all from the comfort of your computer! Once you are set up you just show up with your card and avoid the hassle of a line-up. Check it out at [www.getspun.ca](http://www.getspun.ca)

