



AN INVITE TO TRAIN RIGHT

As your service provider, Heavens Fitness Ltd. is passionate about helping you reach your health and fitness goals. Whether you are starting your journey or are an avid fitness enthusiast, we invite you to try the state-of-the-art facilities and experience our Heavens Fitness Ltd. elevated expertise.

Heavens Fitness Ltd. has been providing leading edge fitness programming for 39 years. The “Train RIGHT for Life Brand” and signature class formats have stood the test of time. Our passion and our commitment to health and wellness is unsurpassed. The Heavens Fitness Ltd. team of experts will help, motivate and inspire you along your health and wellness path.



Barbora Cadova
&Fitness
Fitness Experience Manager



Emily Arnott
Palliser Fitness
Fitness Experience Manager

Getting started



1. Download the latest version of Aspen app to find out what is available to you.
2. Click request access on the homepage and follow the prompts to complete the waiver.
3. Ensure your Bluetooth is on and Location is set to *Always*. Scan your app at the door to enter.
4. If you need assistance after hours please contact security:

@403.781.8505 - Palliser One

@403.781.8500 - The Ampersand

Our team of experts can help you find the **RIGHT** fitness experience for you



Services include:

- State of the art equipment
- Locker room and full amenities
- Personal fitness training
- Nutrition counselling
- Signature group fitness classes
- Motivational workshops and fit tips

What makes Heavens Fitness Ltd. different?

- A community of like-minded fitness enthusiasts
- Personalized fitness experiences
- Certified, educated, experienced fitness experts



Our vision is to train right for life and to achieve a healthy life balance.

Our mission is bound by a common philosophy: to provide an outstanding fitness experience that you feel is your own. It's a way of life.

Our Legacy is to never settle for what is popular, always seeking the best for you. We have evolved over time letting go of things that are no longer effective and adding training methodologies that are based on science and results - Train Right!

We invite you to visit our facilities and meet our teams



Whether you are getting started or a fitness enthusiast, our experts can help you reach your health and wellness goals.

We are here to help and would like to offer you a complimentary **Strategy Session** to discuss your fitness goals.

Schedule your tour and Strategy Session now, we are ready to help you get started!

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