

## RESET: breathe



### **Corporate Membership Benefits:**

- 20% Monthly rate
- 20% off Annual Membership
- Live and on demand classes
- Accommodating to all fitness levels
- Library of over 1500 classes
- Community support without leaving your home
- Free movement and health challenges
- Rate may be offered to family members

RESET:breathe is an online fitness community that helps members take control of their mind and body in a safe space where they feel heard, secure, and free of judgment. Small, progressive changes can propel them forward into a re-energized quality of life. Through soulful support, they will gain the momentum to seize the happiness they deserve. CPHR PEI members will Enjoy 20% off in your membership fee with RESET:breathe.

Jump in anytime and access an online library of over 1500 HIIT, Pilates & functional movement, Yoga, Strength training meditation classes and more available on-demand. A new class is offered live online each morning at 5:30 am, Monday-Friday or catch noon time yoga each week.

## GOODLIFE FITNESS



### Corporate Membership Benefits:

- Waived enrollment fee exclusive to corporate partners (regular fee \$99+tax)
- Corporate rate may be extended to one family member
- State-of-the-art cardio equipment
- Free weights and weight machines
- Showers available
- World-renowned Group Fitness classes (select memberships only)
- Professionally trained staff to assist you in achieving your goals
- 24-hour locations (select Clubs only)

### Corporate Offer Details:

15% Savings on all membership types

Offer valid until: January 5, 2023

Ready to join? Visit [corporate.goodlifefitness.com](https://corporate.goodlifefitness.com) and use your Member ID

Click [here](#) to book a tour and one-day trial pass

GoodLife Fitness is one of the most popular gyms all over Canada. CPHR PEI is happy to partner up with GoodLife Fitness to offer 15% off on all types of membership fees with no enrolment fee and many other perks.

Anyone who is a new participant at GoodLife can enroll and receive the 15% membership fee discount along with the \$0 enrollment fee offer.

Existing GoodLife members are also eligible to participate in the program. To do so, all you need to do is cancel your existing membership and re-enroll with GoodLife under the corporate program, using your CPHR PEI membership number.