

Interested in our Fitness Programs?

Be the first to know about events & programs
at The Heritage Fitness Centre.

Join our E-mail list, *Members Connected!*

An e-mail will be sent to you periodically with information on:
Specialty programs, workshops, seminars,
and group fitness classes

*Your information will be used for this purpose only, and will be kept confidential
by our Program Director. You may remove your name from our list any time.*

Contact our Program Director @:
sarah@heritagefitness.ca

Or leave your contact information at the reception desk.