

**YOU CAN STILL WORKOUT-**

**WE WILL REMAIN OPEN DURING RENOVATIONS**



## MEZZANINE UPGRADE

While we expand and upgrade our Mezzanine you will notice.

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The following equipment will not be accessible during these renovations.

- Squat Rack
- Dead Lifting Area
- Seated Calf Raise
- Leg Press
- Smith Machine

General Men will have no access to the door into the conditioning centre- We ask that you please use the stairs.

# RENOVATIONS BEGIN!!!

## A MESSAGE FROM THE CEO.....

I would like to assure all of our members and people in the community that our renovations were planned so as to have as little disruption to you to -the members. Members will see a tarped off area where the new construction is taking place. Under NO circumstance may anyone other than Cardinal Construction, employees enter the construction.

## MEZZANINE UPGRADE WILL MEAN...

- **BIGGER STRETCHING AREA**
- **9 NEW LIFEFITNESS STRENGTH MACHINES**



The  
**YMCA**  
Moose Jaw