



IMPULSE FITNESS

YOUR JOURNEY TO
EXCELLENCE BEGINS HERE

FREE TRIAL

START TRAINING WITH US

IMPULSEFITNESSANDWELLNESS@GMAIL.COM



CALL US FIND OUT MORE

(604) 355-8095



GYM AND FITNESS



ABOUT US

**ELEVATE
YOUR
POTENTIAL**

AT IMPULSE FITNESS,
WE'RE MORE THAN A
GYM. WE'RE A
COMMUNITY
DEDICATED TO YOUR
SUCCESS. YOUR
VICTORIES ARE OUR
TRIUMPHS.
DISCOVER A POSITIVE
ENVIRONMENT TO
ACHIEVE YOUR GOALS.

START TODAY

IMPULSEFITNESSANDWELLNESS@GMAIL.COM



THE PATH

THE JOURNEY TO GREATNESS

- ✓ THE DISCOVERY
- ✓ RELEASE & RESET
- ✓ INTENTION-BASED WORKOUTS
- ✓ INTUITIVE NUTRITION

A background image showing a person's legs and feet in black sneakers with yellow accents, lifting a barbell with black weights on a blue gym floor. The image has a torn-edge effect.

FEATURED PROGRAMS



The Movement Program

ESCAPE THE CYCLE OF SEDENTARY LIVING. WHETHER IT'S AT HOME, THE OFFICE, OR ON THE ROAD, REPETITIVE ACTIONS CREATE IMBALANCES THAT BREED DISCOMFORT AND ISSUES.



Personal Trainers

ALL LEVELS WELCOME, FROM NOVICES TO PROS. ELEVATE YOUR FITNESS JOURNEY WITH OUR PERSONALIZED TRAINING. WE BLEND TIME-TESTED HOLISTIC TECHNIQUES AND CUTTING-EDGE SCIENCE FOR LASTING, TRANSFORMATIVE OUTCOMES.



Group Training Classes

EXPERIENCE FITNESS LIKE NEVER BEFORE WITH OUR GROUP PERSONAL TRAINING PROGRAM. WE GO BEYOND ORDINARY GROUP SESSIONS TO DELIVER THE EXCELLENCE OF PRIVATE TRAINING, ALL AT AN AFFORDABLE COST.

IMPULSEFITNESSANDWELLNESS@GMAIL.COM



IMPULSE FITNESS

& WELLNESS

Popular Fitness Programs

Forge Your Own Path



(604) 355-8095

- WEIGHT LOSS
- BODYBUILDING
- CARDIO
- ATHLETE TRAINING
- MOMENT PROGRAMS



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IMPULSE FITNESS & WELLNESS PROGRAMS

CHOOSE YOUR ADVENTURE



24-HOUR GYM MEMBERSHIP



PERSONAL TRAINING



FAT LOSS



WORKOUT PLANS



Join Now

(604) 355-8095

impulsefitnessandwellness@gmail.com



CLASSES & PROGRAMS

Unleash Your Potential

- Certified Trainers
- Nutrition
Coaching
- Knowledgeable
Trainers





***FIND
YOUR
GROOVE***

CLASSES FOR ALL FITNESS LEVELS

- Weight Loss
- Muscle Building
- Strength Training
- Injury Rehab
- Athletic Training
- Circuit Training

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ENHANCE YOUR FITNESS JOURNEY

Customized Workouts

Goal Achievement

Perfect Your Technique

Stay Motivated and Accountable

Personalized Attention

Maximize Your Time

Knowledge is Power

Embrace Variety and Progress

Prevent and Rehabilitate Injuries

Achieve More Than Just Fitness





INVESTMENT IN EXCELLENCE

JOIN IMPULSE FITNESS &
WELLNESS



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