

# TRAINING HOUSE IS OPEN AGAIN!

FEEL STRONGER - PLAY LONGER - WIN MORE GAMES!  
RECOVER QUICKER - MOVE FASTER - HIT HARDER!



TRAINING HOUSE

## INTRO MONTH ONLY \$99<sub>(+GST)</sub>

CALL: 778-475-5622

OR EMAIL: [CARLA@TRAININGHOUSEVERNON.COM](mailto:CARLA@TRAININGHOUSEVERNON.COM)

- **PRIVATE** 3500 sq. ft. facility is perfect for the Pickleball athlete.
- Strength programs designed for individual goals and fitness abilities.
- Staff and clients are vaccinated. **Not open to the public.**
- Members range in age from 40-80years young.
  - EARLY RISERS: (M/W/F - 6:00-7:30am),
  - MORNING CREW: (M-F - 9:10-10:10am)
  - EVENING CREW: (T/TH - 5:30-6:30pm).
- Small membership base with room for new members.
- Located at the Kal Tire Place North
- **FREE parking and easy access!**
- **We offer membership services for as low as \$7.20/session.**
- **No contracts.**
- **This membership is now UNLIMITED.**

**\*email me today for a FREE video on joint health!**  
[carla@traininghousevernon.com](mailto:carla@traininghousevernon.com)



# EXCLUSIVE OFFER FOR VERNON PICKLEBALL ATHLETES!



We can help you:

- FEEL STRONGER
- RECOVER QUICKER
- MOVE FASTER
- PLAY LONGER
- HIT HARDER
- WIN MORE GAMES!

Our PRIVATE 3500 sq. ft. facility is perfect for the Pickleball athlete. We offer Strength programs to support individual goals and fitness abilities. All our staff and clients are vaccinated and we are not open to the public. The age range of our members are 40-80years of age. We have early morning times (6:00-7:30am) and mid morning times (9:10-10:10am). We have a small membership base and currently have room to accept new members.

Located at the Kal Tire Place North. You can access ample FREE parking.

We offer membership services for as low as \$9/session, billed monthly with no contracts. Pick 2 times a week, 3 times a week, or the Unlimited option.



TRAINING HOUSE

# FREE TRAINING SESSIONS FOR YOU!

(NO STRINGS ATTACHED)

CALL: 778-475-5622

OR EMAIL: [CARLA@TRAININGHOUSEVERNON.COM](mailto:CARLA@TRAININGHOUSEVERNON.COM)

# OKAPED®

Supporting You

Address: 101-3605 31 Street, Vernon, BC

Website: <https://www.okaped.com/>

Phone: 250-260-1868

VPA members receive a **20% discount** on all in-stock sport medicine products (knee braces, ankle braces, etc.), and on any biomechanical assessments.

**Effective January 4 to March 31, 2022**

