

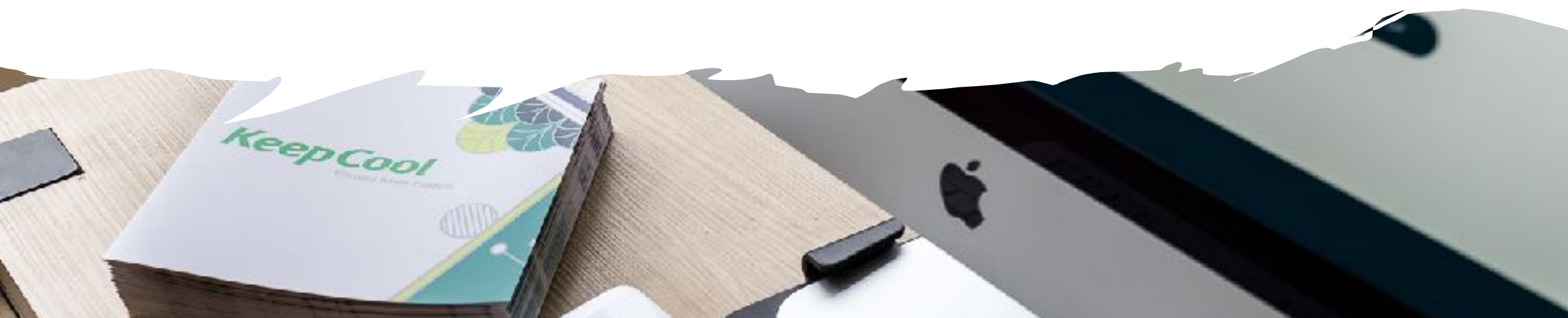


Keep Cool

Fitness from France



GYM NOW OPEN





KeepCool

Fitness from France

**We're not extreme or
hardcore.**

We're not a tribe or cult.
We're a community. We're **an open and
welcome place without judgement or
intimidation.**



**You don't need another
commitment to obsess over.**

We believe in balance. In France, the importance of fitness is matched by the importance of wine. A healthy life shouldn't be one without indulgences. We want you to get something from the journey, to enjoy the satisfaction of small wins and progress.

KeepCool
Fitness from France



Keep Cool

Fitness from France

**You need empowerment,
support and guidance**

And you need fitness that's right for you.

You need, Keep Cool.

A photograph of a modern gym interior. The scene is viewed through a glass partition with a decorative pattern. In the foreground, several treadmills are visible. In the background, there are other exercise machines, including a rowing machine and a stationary bike. The gym has a clean, bright aesthetic with teal and white walls and a dark ceiling with recessed lighting. A framed picture is mounted on the wall in the background.

**a new way to
workout**

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Smart & simple

Approachable and easy to use equipment, facility and services. Open everyday from 5 am to 11 pm, all activities are available whenever you want: high-tech cardio machines, Easy Trainer Circuit, Hey Girl! (Ladies only area), Strength Machines, Functional Wall Training, Stretching/Body Weight area and Virtual Classes.



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Support

Get a complimentary assessment when you join. Then be supported by our team of personal trainers and stay connected to your suggested workout programs with the myWellness app.



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Services

Our mission is to help facilitate you to have the best workout every workout. Training towels are provided as well as private showers and change rooms. There is no need to feel intimidated at Toronto's newest gym. You have access to personalised workout programs and one-on-one sessions with a personal trainer. No padlock needed, we use digital lockers that unlock with your membership card.





amenities



 cardio

TECHNOGYM



 **6 virtual studios**



Easy Trainer

Core activating machines



— Hey Girl!- Ladies only area



 strength



functional wall training



KEEP REACHING.



stretching & body weight

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**You say
high tech !**





High tech cardio

WATCH Netflix, CNN, or cable TV. You can even play video games, go on social media, or read your favourite book. Feel a little more competitive? Race your friends in real-time, train for a marathon in a virtual landscape, or follow a personalised program given by your personal trainer and track your results.

Espresso bike

1. ROAD RACING

Push your limits with other riders on 300+ miles of stunning interactive roads.

2. STUDIO CYCLING

Kick your training up a notch with Studio SWEAT onDemand.

3. HIIT GAMING

Get off-road and out of your comfort zone in breathtaking worlds filled with treasures and dragons





Virtual Classes

WATCH Netflix, CNN, or cable TV. You can even play video games, go on social media, or read your favourite book. Feel a little more competitive? Race your friends in real-time, train for a marathon in a virtual landscape, or follow a personalised program given by your personal trainer and track your results.

Technogym App

MY FACILITY

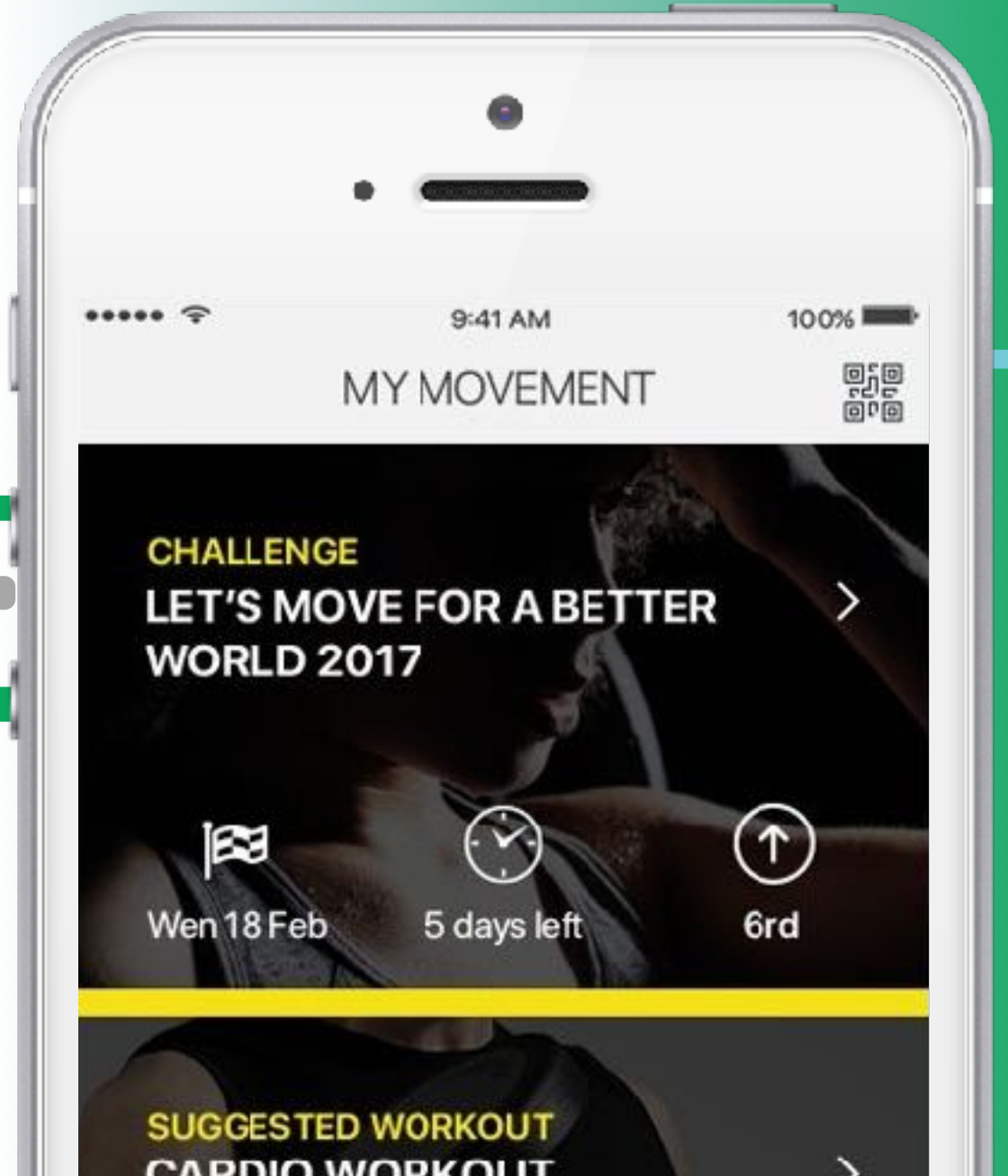
Discover all the services that your facility provides and choose what interests you most.

MY RESULTS

Check your results and monitor your progress. Train with the mywellness® app, collect MOVEs, and get more and more active every day.

MY MOVEMENT

Here you will find your program, the challenges you've joined and all the other activities you've chosen to carry out at your facility.



Fair price

The basic memberships are no commitment.

There are ways to save if you are a student, if you choose to do a 12 month commitment or if you are joining as a couple.

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Fitness from France

JOIN US
530 Yonge St, TORONTO

keepcool.ca



TRX SQUAT WITH FRONT KICK
*HIP HINGE WITH MED BALL ON BACK KICK
REPEAT ABOVE 2-3X
*TRX SQUAT WITH ROW
*ROPE PULL IN A LOW SQUAT
*PLANK WITH MEDBALL TAP
REPEAT ABOVE 2-3X
THE FINISHER!!! Repeat 2-3X
1. RUN ON SKILLMILL 1:00 MIN
2. ASSISTED CHINUPS
COOLDOWN - STRETCH 5 MIN