

THE CLUB

Welcome to...

A place of health, fitness & well-being

Our primary commitment is to building loyal relationships through high quality programs and facilities that improve the quality of life in our community. Over the years, we have discovered that fitness is far more than treadmills and weights. It's about change and personal journeys - physical, mental, spiritual and social. People come in to stretch and strengthen their bodies but they leave with far more.

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A busy mother of three is revitalized after a brisk work out amongst friends.

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A career focused family man realizes that this last 30 minutes investing in his health is far more valuable than the last 10 hours spent at work.

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A young girl's self-esteem soars as she accomplishes personal fitness goals.

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A 'young at heart' 65 yr old realizes that her body can still do things that it used too.

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A young aspiring athlete dedicates an extra hour of conditioning to improve his hockey performance and prevent injury. At Lifestyles, we endeavor to improve our systems of servicing people who have entrusted us with the opportunity to help them improve their lives. Becoming healthy and fit does not happen overnight. True health and fitness will result from an honest, true desire to achieve this goal. The process of possessing a healthy, fit body is a process, a journey, an adventure -- but most of all, it is a lifestyle.

Lifestyles Fitness & Wellness Centre is located on the second floor of the Spray Lake Sawmills Family Sports Centre in Cochrane, Alberta. Our unique and versatile environment allows for a wide variety of fitness and wellness programs, classes and services.

Our center offers the convenience and environment you need for the results you want providing you access to an experience that fuses four distinct areas: cardiovascular conditioning, strength machine circuit, free weight area and training studio that has the option to be private for our indoor spin or group personal training.
State of the art cardiovascular equipment

Star Trac is "best known as a manufacturer of user-focused equipment...creators of innovative cardiovascular products – designed with the user in mind...includes the Pro Treadmill with built-in fans, distinctively designed upright and recumbent stationary bikes, elliptical trainers that offer a natural stride, the exclusive bikes for Spinning® and a dependable stairclimber".

Strength Training Equipment by Atlantis Strength Systems

"Atlantis has been a trusted source of high quality strength training equipment for the industry's most demanding commercial facilities for over twenty years...Today's facilities must accommodate a much broader membership than ever before, and we are very sensitive to the new demands being placed upon our customers. Today's Atlantis is being designed around him and her, young and old, novice and expert alike. We are proud of the versatility and value our lines offer".

Free Weight & Stability/Core Training

Free weights, and all the accessories that allow you to shape, tone, and strengthen your body i.e. stability balls, bosu balls, wobble boards, medicine balls, resistance bands, too name just a few.

Executive style shower/locker rooms for him/her located right in the fitness & wellness centre. There are also changerooms located on the main floor of the Spray Lakes Sawmills Family Sports Centre.

Access to SLS family sports centre facilities many amenities: 250 m indoor track, Cochrane sport physio clinic, hardwood gymnasium, arena, to name just a few.