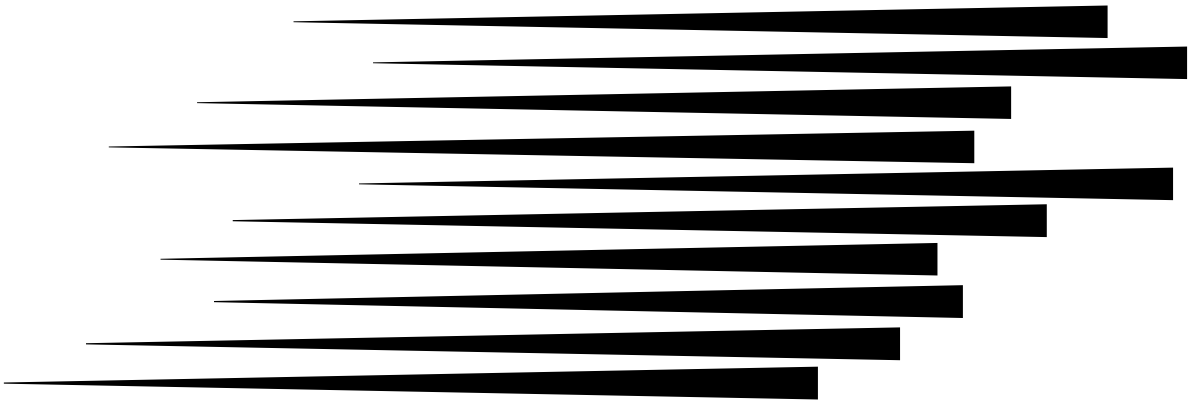




THE
MOVEMENT
GUIDE

DOWNTOWN TILLSONBURG



DOWNTOWN 
TILLSONBURG

 *eat. shop. live. explore.*

TABLE OF CONTENT

THIS GUIDE IS DESIGNED TO INTRODUCE YOU TO MOVEMENT-ORIENTED, LOCAL, INDEPENDENTLY-OWNED BUSINESSES IN THE HEART OF OUR COMMUNITY. THIS GUIDE HIGHLIGHTS THE UNIQUE OFFERINGS OF EACH LOCATION TO ASSIST YOU IN DISCOVERING FITNESS SOLUTIONS THAT FIT YOUR NEEDS.



PAGE 3

ALIGN YOGA & PILATES

1 LIBRARY LN #202, TILLSONBURG, ON N4G 4W3



PAGE 4

THE RIPPED CLUB

20 BROCK ST E, TILLSONBURG, ON N4G 1Z5



PAGE 5

CALM THE SOUL YOGA

25 BROCK ST E, TILLSONBURG, ON N4G 1Z4



PAGE 6

BROADWAY GYM

205 BROADWAY ST, TILLSONBURG, ON N4G 3R2



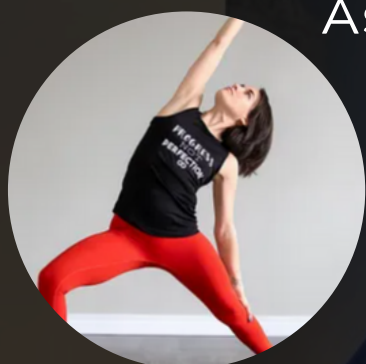
PAGE 7

HS HEALTH & TRAINING

7B BROCK ST E, TILLSONBURG, ON N4G 1Z7

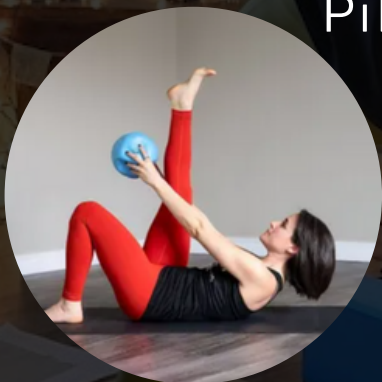
ALIGN YOGA & PILATES

1 Library Lane Unit #202 Tillsonburg, ON, N4G 3W6
in-Person + Online Pre-Recorded, Follow-Along Classes



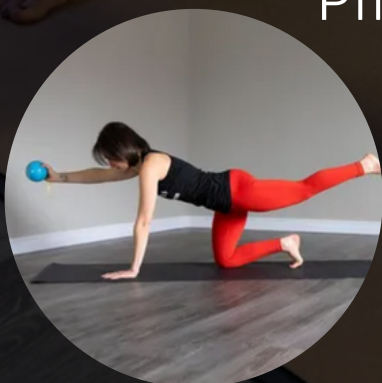
Ashaya Yoga

Yoga Nidra
Deepening your practice
Move to Restore
Sunday reset
All levels Ashaya Yoga



Pilates

Rise & Shine Pilates
Intermediate Pilates
All levels Pilates



Pilates +

Pilates plus meditation
and/or breathing practice

CLASSES

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THE RIPPED CLUB

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24/7 Open Gym Training Facility

We offer a 24/7 training facility where you can come in and crush your goals in the way that you truly want to.



Expert-Led Fitness Classes

Experience pushing yourself while focusing on increasing strength both mentally and physically with a group of like-minded people.



Private Personal Training

If you are brand new, coming out of an injury, or just want a personalized experience then our expert coaches are perfect for you.



At-Home Workouts & Nutrition Coaches

We offer full training and nutrition coaching fully online! So you can find your best self in the comfort of your home!

40% OFF PRESTIGE SUPPLEMENTS, MONTHLY
3D BODY-SCAN, FREE WORKOUT PROGRAM

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In Person and Online Via Zoom



Yoga

All Levels Class

Beginner Yoga

Calm Your Soul Yoga

Mix It UP Yoga

Yin Yoga

Yoga Fusion



Hot Yoga

Hot Flow Yoga

Hot Gentle Yoga

Warm Gentle/Yin Yoga

Warm Goodnight Yin Yoga

CLASSES

www.calmthesoulyoga.ca

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205 Broadway St, Tillsonburg, ON N4G 3R2
Exclusive Boutique Experience



Open Gym

Only top quality equipment and studio gear to ensure safe and comfortable workouts.



Personal Training

Online packages & In-house training, meal plans



Women-only HIIT Classes

Our women-only HIIT Circuit Training classes are designed for women of ALL ages and fitness levels, from beginners to intermediates.



The Lounge

Cozy lounge room complete with an oversized electric fireplace, large TV, and massage chairs.

‘His’ & ‘Hers’ Dry Saunas, Private Hydro
Massage Lounges, 24/7 Gym Access, Free
Running Club

www.broadwaygym.ca

HOLLY SMITH HEALTH & TRAINING

7B Brock Street East. Tillsonburg, Ontario. N4G 1Z7
In-Person Training + Online Programs
Private Training Studio

1-1 Personal Training Partner Training



All in-person training is fully customized dependent on the clients goals, fitness level, injury/medical history, and movement mechanics.



We work with individuals looking for: injury rehab, injury prevention, better physical & mental health, better movement patterns, sport performance, and/or weight loss.

Sport Performance Training



We work with athletes to improve sport performance. We use different training methods that are specific to the athlete and sport to optimize their performance. Training includes different phases such as stability, strength, power, agility, speed, and quickness.

www.hollysmithhealth.com