



ABOUT US

At Stamina Fitness Center, we are dedicated to empowering individuals through movement, strength, recovery, and mental wellness. Our Fitness Center is designed to discover the uniqueness of each individual and make Stamina Center their comfort fitness zone.



Your Home for Movement and Recovery

Get in Touch & Start Your Fitness Journey Today

- www.staminafitness.com
- + 300-600-900
- 9 123 Canada, Rd.
- 🤝 inquiries@Stamina.com

WELCOME TO STAMINA FITNESS CENTER

Where strength training, dance, and wellness come together.



WHAT WE OFFER

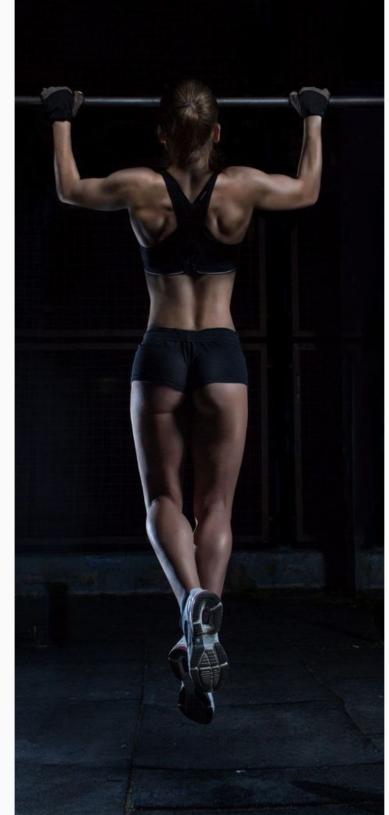
- Strength & Fitness Training Personal Training Strength Training Group Fitness Classes
- Dance & Movement
 Belly Dance Classes
 Martial Arts
 Pilates
 Mobility & Flexibility Training
- Kids & Family Programs
 Kids Martial Arts Classes
 Dance Classes for Kids
 Parent & Child Fitness
- Wellness & Recovery
 Wellness Coaching
 Physiotherapy
 Holistic Wellness Programs

CUSTOMER TESTIMONIALS

ILHAM IBRAHIM

Stamina Fitness Center has completely changed my fitness journey! The trainers are amazing, and my kids love the martial arts classes!"

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OUR MISSION

Our mission is to help our clients discover their unique fitness journey, understand their bodies, and embrace their wellness journey. Additionally, our Center is designed to support young athletes. Our classes are designed to provide a fun and structured environment for children. Stamina Fitness Center is where families grow together.

