



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



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.

