



HRC Builds Friendships!

Check out Peter, Richard, Sarah & Morris celebrating at Leah's house in Fergus after a cycle from Orangeville to Fergus!

"Lifelong friends have been made here at HRC. This place, for many of us, is a home away from home."

~Morris Greener

Thank you Morris for your submission and we truly believe this cannot be a home without members like you!



Halloween Spirit!

Check out our staff & members who dressed for the occasion! Lynn & Janet received \$25 Gift Cards to The Shop from our Halloween Dress-up Draw.



Gym Bag Exchange

You've switched gyms, now it's time to switch your gym bag!

All day on Tuesday November 15th bring a local competitor's gym bag and we will switch it for an HRC gym bag.

*one gym bag per member.

Free Seminar provided by



Thursday November 24th @ 6:30pm

Joint Pain: Are your hinges slowing you down?

Pre-register* & attend* this event for a chance to win a \$50 Visa Gift Card.

Pre-register with Core Restore or with the front desk.

*You must pre-register & attend this event to be eligible to win.

Shoulder Clinic

Tuesday November 22 from 7-9pm

The world truly does not need to rest on your shoulders! Experience in just two hours what Ease feels like when it no longer has to!

FREE to Members!

