



April 12, 2011

Gary Roberts High Performance Centre – Fitness Institute

The Fitness Institute is pleased to announce that it has partnered with former NHL player Gary Roberts in opening the **Gary Roberts High Performance Centre**.

We would like to welcome **Gary Roberts** to the Fitness Institute and its rich history of training Olympic and professional athletes. The Fitness Institute was home to Canada's first ever Olympic High Performance Testing and Sports Medicine Centre. In partnering with Gary the Fitness Institute continues its tradition of being a leader in high performance training. Gary will be bringing a tremendous amount of experience as he was a professional hockey player who played 21 seasons in the NHL, winning the Stanley Cup 1989. Since his retirement, Roberts has become a leader in high performance training for athletes. He has been training players from juniors and the NHL from his home during the offseason.

This summer Gary will be training many top NHL players at the club. He will also be overseeing the training of other players training at the **Gary Roberts High Performance Centre**. The programs are designed to help the player achieve optimum performance and longevity in hockey.

The **Gary Roberts High Performance Centre** and Fitness Institute have teamed up with Nature's Emporium in an effort to bring the NHL stars up to speed on health-promoting nutrition concepts and to teach them that great on-the-ice performance is secured in great part by what they eat off-the-ice! The players will receive a daily post workout organic meal in the club restaurant prepared by Nature's Emporium. The same organic meals will also be offered to our members and additional upgrades will be made to the menu.

In the fall of 2011 the **Gary Roberts High Performance Centre** and Fitness Institute will launch the same high performance training and nutritional program for executives.

To accommodate these exciting changes we will be completing our final stages of the club renovations over the next month. The changes include the removal of the squash courts along with moving the spin studio to the current Personal Training Studio at the front of the club. The Personal Training Studio will be moved to the stretch room located in the Clinic for Sport Medicine. We will also be creating a private locker space in the men's locker room for NHL players. This private space will become available in the fall for executives joining the **Gary Roberts High Performance Centre**.

The Fitness Institute is the best combination of service, world class facilities and expert staff.

Please join me in welcoming Gary to the Fitness Institute.

Steve Roest
President