

Ville Marie Fitness and Wellness Center Services

- Kinesiology
- Massotherapy
- Athletic therapy
- Physiotherapy
- Nutrition
- Yoga
- Psychology

The Ville Marie Fitness and Wellness Center offers services to help women in various stages of lifestyle change. Whether you're looking for a fresh start to healthy living, motivation to maintain positive changes you've already made, or help coping with illness, the Center can help.

Ville Marie
Fitness and
Wellness Center

For women managing a breast cancer diagnosis, exercise is key: it has been shown to reduce recurrence through weight management and improved immune function. Exercise can also boost energy, improve joint mobility, rebuild muscle and strength, reduce the rate of bone loss, and enhance appearance. A combination of kinesiology, massotherapy, athletic therapy and physiotherapy can help manage the side effects of medication, chemotherapy, radiation therapy and surgery. Dietary counseling can help with proper nutrition during and after treatment, while psychology can help address depression and anxiety, both of which can interfere with recovery. Relaxation techniques demonstrated during a psychology or yoga session can alleviate stress levels, thereby boosting the immune system.

Our services are equally applicable to women who want to prevent disease by making and maintaining healthy lifestyle changes.

Kinesiology

Kinesiology is the systematic study of the body in movement. Kinesiologists work to understand what enhances or limits the body to move and finds ways to improve human health.

Complete Fitness Evaluation **\$100**

Includes body composition, aerobic, muscular strength, endurance, and flexibility test. Training program guidelines are discussed after the evaluation.

Fitness evaluation is included in all Basic and Complete multidisciplinary monitoring programs and Plans 1 and 2 Oncology programs.

Personalised Program and Private Training **\$85**

Next step after complete physical evaluation. A program is developed and performed onsite. Program can then be accessed online from home.

Personalized exercise program is included in Complete multidisciplinary monitoring program and Plan 2 Oncology program.

Private training session (60 min) **\$60**

6 Private training sessions (60 min) **\$342**

12 Private training sessions (60 min) **\$660**



Prices are subject to change.

Rehabilitation

(using physiotherapy or athletic therapy)

Initial assessment (60 min) **\$90**

Follow-up treatment session (60 min) **\$80**

Massotherapy

Relaxation or therapeutic massage (60 min) **\$70**

Lymphatic drainage massage (60 min) **\$85**

Nutrition

Initial assessment (75 min) **\$100**

Follow-up session (60 min) **\$80**

3 Follow-up sessions (45 min) **\$170**

3 Follow-up sessions (60 min) **\$215**



Yoga

(Please call to reserve a spot 48 hrs in advance as space is limited)

Single session (60 min) **\$18**

5 sessions (60 min) **\$70**

Psychology

Please contact the center for details on psychology sessions

In the Complete multidisciplinary monitoring program or Plan 2 Oncology program, a choice is given between:

60 min of massotherapy
OR 60 min nutrition
OR 1 yoga session.

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