



fit bodies.
fit minds.

we inspire you to move!

Fit Bodies. Fit Minds. is proud to collaborate with Delta Sault Ste. Marie Waterfront Hotel to provide a functional fitness facility and wellness services.

While inspiring you to move, we strive to help enhance your fitness levels and achieve your health goals. Our goal is to achieve wellness with a balanced body both physically and mentally.

Fit Bodies. Fit Minds. is locally known as the fitness and wellness experts. Our coaches are constantly educated in current fitness trends and in courses to enhance their clients' workouts. They believe in a mind and body connection to a healthy lifestyle and focus on the fundamentals of the mechanics of the body. Our knowledge creates the foundation of our training that helps align the spine, correct faulty motor patterns, decrease body pain and develop a more efficient body.

We've collaborated with Delta Sault Ste. Marie Waterfront Hotel to create a functional fitness facility that provides equipment to work on the foundation of proper body movement patterns.

If you would like a personal trainer during your stay you can book a private training session with one of our coaches right in the hotel. We offer custom packages to accommodate the length of your visit.

We also have a Fascial Stretch Therapist that can be booked to help release pain, lengthen muscles, prevent injury and correct posture. Our staff is happy to keep you healthy, well and pain free even away from home,

Please visit our website for more information and to book with us today!

Delta Hotels Sault Ste. Marie Waterfront
208 St Mary's River Drive Sault Ste. Marie Ontario P6A 5V4 Canada
+1-705-949-0611

WWW.FITBODIESFITMINDS.COM