

Xtreme Couture is excited to see a positive trend in the number of reported cases. We hope that you are all maintaining your health and wellness. We appreciate your patience so much through this time and although much is still in question, we want to assure you of two things:

1 - that we are very much excited and anxious to reopen as soon as we are allowed/able to begin safely serving you all again,

2 - that we miss each one of you very much and we can't wait to see our amazing community of members again. There is finally a light at the end of the tunnel! The lockdown is starting to lift and Xtreme Couture will be opening up the club for training and classes in phase 3 of Ontario's reopening plan.

All memberships and payments will stay on hold during closure and will be activated once we are permitted to have members indoors.

In accordance to government guidelines, Xtreme Couture will start outdoor classes of 10 for pay per use only. We will be posting a starting schedule with costs and will add classes weekly as needed. Due to limited space, if you are interested please email info@xtremecouture.ca for more details.

Remember through this time, our clinic is still OPEN and currently can allow you access to the indoor facility! We continue to service our members through:

- Physiotherapy
- Chiropractics
- Massage therapy
- Acupuncture
- Traditional Chinese medicine
- Kinesiology
- Active/corrective exercise sessions (for inquiries regarding training in the club today and/or using our clinical services or using your extended benefits please email info@xtremecoutureclinic.com).

During this second lockdown we are pleased to have made changes to the facility:

- Fully stocked fight gear store including XCT apparel and Jiu-Jitsu Gis, available for curbside pickup TODAY! (For more information email nina@xtremecouture.ca)
- Added all new boxing bags and Thai bags
- Upgraded LED lighting throughout the entire facility
- Repaired damaged matting area
- Reupholstered all fitness equipment

Xtreme Couture will be commencing pre-opening sales of memberships, personal training, and team training. For more information please email info@xtremecouture.ca.

We continue to use our Instagram and Facebook to post new content and updates regarding the gym and clinic so be sure to keep an eye on our social media. Stay tuned for more information about reopening, outdoor classes, and other news and entertainment!