



*The Cambridge Club extends  
an invitation to view our club  
at your convenience.*



Cambridge Club  
TORONTO

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For over 30 years the Cambridge Club has catered to Toronto's corporate executives in an oasis type setting in the city's downtown financial core.

Focusing on a balanced health and wellness solution to the members' busy lifestyles, the club's extensive fitness and spa facilities are combined with a first class dining room which overlooks Toronto's City Hall and is for the exclusive use of members and their guests.

To truly appreciate the Cambridge Club, you need not look any further than the club's busy social calendar, which includes: wine tastings, single malt tastings, as well as tournaments for squash, tennis, golf and backgammon. To many executives, a quick whirlpool, steam, sauna or relaxing in one of our two sleeping rooms is a great way to ease the stress of a busy schedule. Our professional massage therapy department is always available to further enhance a great executive workout.

The Cambridge Club welcomes the opportunity to help you live a long and fruitful life. Allow us the chance to give you a personalized tour of the club. You will see why the Cambridge Club truly is recognized as one of Canada's premier clubs.

## MEMBERSHIP PROGRAMS

### SQUASH

- Squash Ladders
- Squash Leagues
- Squash Lessons
- Member's Tournaments

### FITNESS

- Health & Fitness Evaluations
- Personalized Exercise Programs
  - Personal Training
  - 100 days of Fitness
    - Bicycle Tours
    - Golf Days
  - Tennis Tournaments



### SOCIAL

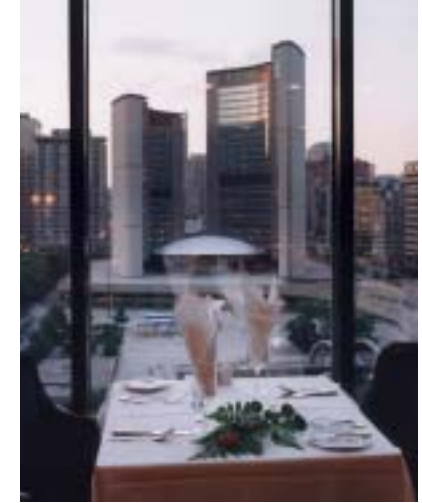
- Wine Tastings
- Cooking Classes
- Single Malt Tastings
- Private Functions

### MASSAGE THERAPY

- Athletic & Stress Therapy

### NUTRITION GUIDANCE

- From our Registered Nutritionists



## FACILITIES

- 3500 square feet gym featuring Cybex Training Equipment
- Cardio-Equipment featuring Elliptical trainers treadmills, bikes, rowers, stairmasters, cross trainers
  - Roof-top track
  - Two – singles squash
  - One – doubles squash
- Whirlpool, sauna, steam, sleep rooms
  - Access to twenty five meter pool
  - Dining Room overlooking City Hall & Nathan Phillips Square
  - Sports lounge with big screen TV

