

CDHA/GoodLife Fitness – FAQs

Q. I already have an individual membership with GoodLife Fitness. Can I cancel my existing membership and take advantage of the discount program?

A. Yes, existing GoodLife Fitness members can cancel their individual memberships by downloading a special [cancellation form from CDHA's website](#). The cancellation will be processed upon submission of the [completed form](#) to CDHA by fax (613) 224-7283 or by email kzhao@cdha.ca.

Q. I have a GoodLife Fitness membership through another GoodLife Fitness corporate program. What happens if I decide to become a CDHA member? Am I precluded from taking advantage of the CDHA/GoodLife Fitness discount program?

A. Not at all. Once your existing GoodLife Fitness membership expires, you are free to join the CDHA/GoodLife Fitness discount program without penalty.

Q. Can my family members sign up for the program as well?

A. Yes, however, you must be a member of the CDHA/GoodLife Fitness program before your family members may join. A "family member" is defined as a husband, wife, same sex partner, boyfriend/girlfriend or dependent of the CDHA member, living together under the same roof.

Q. I understand your program starts November 15 but what if I want to sign up after this date?

A. You can still sign up and your annual membership will be prorated accordingly. If you sign up before the end of a particular month, your start date is the 15th of the next month. If you miss the November 15 deadline and want to start as soon as possible, take your CDHA/GoodLife Fitness receipt to your local GoodLife Fitness club to inquire about options to bridge the time before your CDHA/GoodLife Fitness membership commences on the 15th of the following month.

Q. How do I know if there is a GoodLife Fitness facility in my area?

A. Please visit www.goodlifefitness.com. GoodLife Fitness is continuing to expand its facilities across Canada. Check their website for updates on new locations, facilities, and for a schedule of fitness programs and classes.

Q. How do I receive my CDHA/GoodLife Fitness membership card?

A. Please go to your local GoodLife Fitness club with photo ID to pick up your membership card.

Q. How can I get a replacement CDHA/GoodLife Fitness membership card?

A. Please go to your local GoodLife Fitness club to request a replacement card.

Q. How do I obtain a receipt?

A. A receipt will be emailed on the 1st of the month that your membership starts.

Q. Will the GoodLife corporate membership give us access to the Fit4Less locations?

A. GoodLife and Fit4Less are two separately run fitness clubs. CDHA's GoodLife corporate discount gives you access to 230+ GoodLife Fitness clubs across Canada, including 60+ Energie Cardio clubs in Quebec. It does not apply however to the Fit4Less fitness clubs.

Once you've signed up for a CDHA/GoodLife Fitness membership, please [click here](#) to read a welcome letter which further details how to get started at GoodLife Fitness.