

thirdspace

Recovery Clinic

ABOUT THIRD SPACE

Third Space is a modern community centre that provides a space for people to move, play, connect, rest and heal. A multi-disciplinary studio offering a range of strength and movement classes, specialized workshops, a Recovery Clinic, and rental spaces.

Created out of the desire to disrupt the fitness industry and stereotypes. We believe in a holistic and realistic approach to community care, enabling people to take charge of their wellbeing, explore their potential and live a vibrant life.



THE PHYSICAL SPACE

The Recovery Clinic, located on the second level, is home to 3 beautiful treatment rooms: The Oasis, The Haven, and The Nest.

The Oasis & The Haven are equipped with new electrical ViVi tables. The Nest is home to a manual table to create a more flexible space for practitioners who don't require a table.

Also on the second level is a movement studio, two washrooms, the community kitchen, and a rooftop patio.

The main entrance, located on the ground level, is anchored by the lobby, known to the community as 'the living room' for its warm and welcoming feel. The main movement studio, accessible washroom, three shower suites, three changerooms, and laundry facilities are also located on the ground floor.

The second level can be accessed either by stairs or an elevator that is available upon request.

Clinic Details

PRICING

Treatment room pricing is based on the number of shifts per week. Shifts are all 6 hour blocks and the daily rate ranges between \$72-90 +GST.

SCHEDULING

Choose from a morning shift from 7:45am-1:45pm, or an afternoon shift from 2:00-8:00pm. Shift availability varies depending on the treatment room.

PARKING

There is onsite parking with 10 spaces, as well as free 1-hour parking along Kings Road and Westbourne Place.

LAUNDRY

Laundry service is available for a small monthly fee, ranging \$10-35 per month depending on frequency of use.



Moving my massage practice to Third Space is the best decision I've made for my career.

Going to work feels like coming home. The rooms are lovely and well-equipped and the space and community are warm and welcoming. My clients frequently comment on how much they enjoy the vibe at Third Space, and how relaxing it is to know there will be parking available when they arrive.

~ANGELA INGLIS, RMT

CONTRACTS

Contracts are flexible in terms of length, and can range from 3, 6 or 12 months. We offer a 25% discount on rental fees for time away or illness in which the leave is a minimum of 2 weeks a month.

CHARTING SPACE & COMMUNITY KITCHEN

Practitioners can utilize the Community Kitchen to chart, eat and rest. The kitchen is equipped with a fridge, toaster oven, microwave, sink, dishes, and lockers for staff and practitioners. There is also a rooftop deck accessed through the kitchen which can be enjoyed by all.

SUPPLIES STORAGE

We have ample storage space outside of the treatment rooms for practitioners to store their sheets, carts and other supplies.

Testimonials

Working out of Third Space has been amazing because the friendly community feel between practitioners, movement coach's and customers. My clients access a central location, free parking and are greeted and given a tour to make them feel at home. The Oasis room is a peaceful and quiet vibe and doesn't over heat in the summer! I can chart in a beautiful community room and use the kitchen and rooftop patio throughout my shift. The volunteers are awesome and keep everything clean, including my linens! Highly recommend!

~LACY BRANDT, ACUPUNCTURIST

Additional Benefits

MOVE WITH US

Practitioners with regular shifts have the opportunity to purchase the Loved One Pass, which provides unlimited access to classes and open training for \$80 +GST per month.

COMMUNITY COLLABORATION

Collaboration is key to mutual success and fostering connection within the space. There are lots of opportunities to collaborate with the studio to host workshops, local events, social media promotions and more. All of the practitioners are featured on the Third Space website and leverage social media channels to promote practitioners and share availability.



PLEASE REMOVE YOUR SHOES

The studio and clinic are a sock, slipper and barefoot friendly facility. Meaning we ask everyone to remove their shoes upon entering, unless health or mobility issues indicate otherwise.

MANAGING YOUR CLINIC SPACE

Practitioners are expected to manage all aspects related to client scheduling and payment. Practitioners are also required to provide any bedding and supplies needed for their services.

Interested in joining our team?

Contact us to schedule a tour and learn more about current availability.

Contact us.

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