

## TUT FITNESS GROUP INC.

### NOTICE AND ACCESS NOTIFICATION TO SHAREHOLDERS ANNUAL GENERAL MEETING OF SHAREHOLDERS TO BE HELD ON THURSDAY, AUGUST 24, 2023

You are receiving this notification because **TUT Fitness Group Inc.** (the “**Corporation**”) has opted to use the “notice and access” model for the delivery of its management information circular (the “**Information Circular**”) to the holders (the “**Shareholders**”) of common shares in the capital of the Corporation in respect of its annual general meeting of Shareholders to be held on Thursday, August 24, 2023 (the “**Meeting**”).

Under “notice and access” instead of receiving paper copies of the Information Circular, Shareholders are receiving this notice with information on how to access the Information Circular electronically. Shareholders will also be receiving a proxy or voting instruction form, as applicable, together with this notification to use to vote at the Meeting.

The use of this alternative means of delivery is more environmentally friendly and more economical. It reduces the Corporation’s paper use and it also reduces the Corporation’s printing and mailing costs.

#### MEETING DATE AND LOCATION

**WHEN:** Thursday, August 24, 2023 at 10:00 a.m., Vancouver time

**WHERE:** Suite 2050 - 1055 West Georgia Street, Vancouver, BC, V6E 3P3

#### SHAREHOLDERS WILL BE ASKED TO CONSIDER AND VOTE ON THE FOLLOWING MATTERS AT THE MEETING:

- **FINANCIAL STATEMENTS:** to receive the audited financial statements of the Corporation for the financial year ended September 30, 2022 and the auditor’s report thereon. See section entitled “Additional Information” in the Information Circular.
- **FIX THE NUMBER OF DIRECTORS:** to fix the number of Directors of the Corporation at four and to elect Directors for the ensuing year. See the section entitled “Election of Directors” in the Information Circular.
- **APPOINTMENT AND REMUNERATION OF AUDITORS:** to re-appoint Dale Matheson Carr-Hilton LaBonte LLP, Chartered Professional Accountants, as the Corporation’s auditor for the ensuing financial year and to authorize the directors to set the auditor’s remuneration. See the section entitled “Appointment Auditor” in the Information Circular.
- **APPROVAL OF OMNIBUS EQUITY INCENTIVE PLAN:** to approve and adopt, by ordinary resolution, the Omnibus Equity Incentive Plan, as more particularly described in the accompanying Information Circular. See the section entitled “Approval of Omnibus Equity Incentive Plan” in the Information Circular.
- **OTHER BUSINESS:** to transact such further or other business as may properly come before the Meeting or any adjournment or adjournments thereof.

**SHAREHOLDERS ARE REMINDED TO REVIEW THE INFORMATION CIRCULAR PRIOR TO VOTING.**

#### WEBSITES WHERE THE INFORMATION CIRCULAR IS POSTED:

The Information Circular can be viewed online under the Corporation’s profile at [www.sedar.com](http://www.sedar.com) or on the Corporation’s website at [www.tutfitnessgroup.com](http://www.tutfitnessgroup.com).

The Financial Statement Request Card is included with the proxy and voting instruction form.

## HOW TO OBTAIN PAPER COPIES OF THE INFORMATION CIRCULAR

Shareholders may request paper copies of the Information Circular and other meeting materials, including the audited consolidated financial statements of the Corporation for the years ended September 30, 2022 and 2021 and the reports of the auditors thereon and related Management's Discussion and Analysis, by first class mail, courier or the equivalent at no cost to the shareholder. Request by calling toll-free at 1-855-684-2181. Requests may be made up to one year from the date the Information Circular was filed on SEDAR.

For Shareholders who wish to receive paper copies of the Information Circular in advance of the voting deadline, requests must be received **no later than August 17, 2023**. The Information Circular will be sent to such Shareholders within three business days of their request if such requests are made before the Meeting. Following the Meeting, the Information Circular will be sent to such Shareholders within ten days of their request. **Requests must be made by calling toll-free at 1-855-684-2181.**

## VOTING

**YOU CANNOT VOTE BY RETURNING THIS NOTICE.** To vote your securities, you must vote using the method set out in the enclosed voting instruction form or proxy.

Registered Holders are asked to return their proxies using the following methods by the proxy deposit date noted on your proxy, which is by 10:00 a.m., Vancouver time, on Tuesday, August 22, 2023:

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|-------------------|--|
| <b>ONLINE:</b>    | Go to <a href="http://www.investorvote.com">www.investorvote.com</a> and follow the instructions.  |
| <b>TELEPHONE:</b> | Call the toll free number: 1-866-732-8683  |
| <b>MAIL:</b>      | Complete the form of proxy or any other proper form of proxy, sign it and mail it to:<br>Computershare Investor Services Inc.<br>3 <sup>rd</sup> Floor, 510 Burrard Street<br>Vancouver, BC, V6C 3B9 |

Beneficial Holders are asked to return their voting instructions using the following methods at least one business day in advance of the proxy deposit date noted on your voting instruction form:

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|----------------|---|
| <b>ONLINE:</b> | Go to <a href="http://www.investorvote.com">www.investorvote.com</a> and follow the instructions. |
| <b>MAIL:</b>   | Complete the voting instruction form, sign it and mail it in the envelope provided.               |

**Shareholders with questions about notice and access can call toll free at 1-855-684-2181.**

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