

# Want to know how I did it?

I discovered Fitness That Fits in 2009 and have been going to their fitness classes routinely ever since. When I was young, working out at a gym and using machines was not for me. Instead I really enjoyed taking ballet lessons. Fitness That Fits provides me with exercise classes in that same studio atmosphere that I have always loved.

In the past I have been unsuccessful at working out on my own. I tried working out at home with exercise DVDs, but I didn't have the motivation to stick with it. I tried going for long walks, but I found them unexciting. Also, I found that the challenge with exercising on my own is that it's harder to push myself and see results.

At Fitness That Fits the instructors provide me with the motivation I need to make exercise a regular part of my lifestyle. The classes are small, so there is individual attention to my needs. I want that push from the instructors to get out of my comfort zone. I want to pick up



those heavier hand weights and it helps that Nadia notices and often helps me switch over my weights so that I challenge myself more. I also get more motivated when I get out of my house and take fitness classes with other people. I really enjoy the social aspect I get in the studio as well. Both the FTF staff and clients are cheerful and friendly.

I love Fitness That Fits because the classes are both challenging and fun. I enjoy the routine but at the same time I love when Nadia and her instructors come up with new creative exercises. Since no two classes are the same, the workouts are always motivating and never dull. So what I have noticed is that with fun moves and great music, the class always goes by very quickly!

By going to Fitness that Fits, I am achieving my goal of becoming stronger and more fit! And since the classes provide a total body workout, I feel more physically fit than I was during my ballet years and now have a lot more fun doing it too! Thank you Nadia and the team at Fitness That Fits!

~ **Christine D.**



[www.fitnessthatfits.ca](http://www.fitnessthatfits.ca)

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Fitness Classes - Personal Training