

Want to know how I did it?

"I have been doing personal fitness training with Nadia since September 2007, on a weekly basis. My goals when I started were simple – I wanted to increase my overall body strength and level of fitness, focusing primarily on weight training and core strength.



My primary passion is golf, and I was noticing that, as I reached the "milestone age" of 50, my game was not improving and I tired easily on the course. After only a couple of months of working with Nadia, my game improved to the point that my friends were all making comments on how my golf shots were longer and stronger. This year, I won a trophy for a season-long golf event, and I have to give at least some credit to Nadia for that success!



It is a pleasure training with Nadia – she is a real professional, always finding new and innovative ways to exercise so that it stays interesting and challenging. And she has a great sense of humour which makes our sessions fun and something to look forward to each week.

Thanks Nadia!"

Mary Parniak



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Fitness Classes - Personal Training - Fitness Boot Camps