

Want to know how I did it?

I wanted to lose 8 inches total and I lost 8 inches in 4 weeks! I wanted to lose 2-3 inches off my waist and 2 inches off my hips. I lost 3 inches off my waist and 2 inches off my hips...in only 4 weeks!

The Transforming U Boot Camp got me back on track and made me feel more energetic and more confident than before my first child was born 4 years ago.



I feel stronger, leaner, and happier with myself. Nadia is a great motivator and the

other instructors at Fitness that Fits provide great variety in exercise regime.

Thank you!

Silvia Mancini



Reserve
your spot
now!

Spring Fever Boot Camp (Starts April 16)

Bikini Ready Boot Camp (Starts May 23)



www.fitnessthatfits.ca

416-231-BFIT (2348)

Kingsway Studio
4214 Dundas St W
Etobicoke ON

Fitness Classes - Personal Training - Fitness Boot Camps