

Want to know how I did it?

I joined Nadia and Fitness That Fits in 2007, the year she started the Studio. Throughout my life I have always been active and after three kids and the youngest only 4, I thought I was relatively fit. After my first class with Nadia I was shaking and my muscles were so tired I could hardly move...it was wonderful...to this day, I enjoy every class Nadia and her staff lead. I learn something new every time I attend a class.



Over the years, Fitness that Fits became part of my routine and life. The staff truly care about the fitness level of their members. I have never been stronger and healthier in my life and FTF helped me establish a base of fitness that grew every year. I love the energy I feel after the classes and with the help of Nadia and her team my body has changed for the better and that's permeated to all aspects of my life.

~ ***Claudia H.***



www.fitnessthatfits.ca

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Fitness Classes - Personal Training - Fitness Boot Camps