

Want to know how I did it?

I have been a member of Fitness That Fits since it opened 10 years ago. In fact, I took classes with Nadia when she was teaching at another facility, so I was excited when she opened her own fitness studio in the Kingsway!

Nadia and her team provide me with a supportive environment to be challenged and to challenge myself. I enjoy how innovative the classes are and there is no danger of getting bored with the same routine. I love that the classes are small and that I have come to know many of my fellow Fitness That Fits members on a personal basis. There is definitely no intimidation factor here!

Many years ago I broke my knee and over the last couple of years have been experiencing fairly severe arthritis in this knee. My knee is often painful and at times limits my ability to move freely.



During the fitness classes, I can always get alternative ways to do the more challenging exercises so that I still get a good workout even with my knee limitations. In fact, I firmly believe that if it weren't for attending classes regularly, I would not be able to move around as well as I do. And it's not just the physical benefits; when I'm attending classes regularly I feel much stronger mentally and better able to cope with the challenges that life throws my way.

I recently started attending an extra class each week and have been pleasantly surprised at what a difference this small change has made in how I feel and how my clothes are now fitting me better too!

I have a couple of family members with significant health issues, so I don't take my good health for granted. I know it's my responsibility to do what I can to stay healthy. The team at Fitness That Fits really helps and encourages me to do that. I look forward to coming to the fitness classes at FTF and continuing my fitness routine while reaping the benefits I know I get from it too!

~ Angela Z.



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Fitness Classes - Personal Training - Nadia's Boutique Get Fit Program