

Personal Trainer Toronto

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Xceller8ed is unique in its approach to Personal Training

We offer a specialized approach to health and fitness by combining the experience of our international team of trainers. Our team consists of trainers from Germany, New Zealand, Canada, and the USA and each trainer brings a special source of knowledge to Fit Squad.

We pride ourselves on a professional and highly effective training service, one that brings every client to their desired fitness goal. It is our belief that health should take a holistic approach, and as such we offer more than simply fitness. Nutrition, lifestyle, and fitness are all catered for.

We optimize the client's time by continuously tailoring and adapting their workouts. As the client progress and adapts, so too does their workout routine. Each session is different from the next, and each client experiences something unique because of the customized service we always offer.

We guarantee results. Intensity , and each workout is developed to ensure optimal success.

The following Services are available:

Location:

Outdoor Personal Training
In Home Personal Training
Private Personal Training
Studio
Training Courses in Algonquin Park,
Muskoka

Programs:

Weight loss
Toning
Strength gain
High Intensity workouts
Cross training
Nutritional guidance
Boot Camp

Corporate programs

Sport Specific Training

Survival Training
weekends