

## Toronto Personal Trainer

Last Updated Tuesday, 05 August 2008

The Xceller8ed Trainer Team

Xceller8ed is proud to offer you the services of its dynamic team of personal trainers.

MARCO RUEDERICH

CHRISTINE BALDWIN

JOE VANDERLEW

TESHIA MAHER

RENEE RENAUD

Coming from a wide range of backgrounds, the Xceller8ed personal training team offers advanced knowledge and superior training techniques to all of its clients. When you train with one of our trainer you benefit from the skills and experience of not just your personal trainer, but of the entire Xceller8ed team. Our trainers work closley with one another to share new training methods, health research, the newest exercises, and innovations in health and fitness.

We look forward to having the opportunity to meet with you and take you through a complimentary consultation! You will love it!

We offer personal training in both Toronto and Windsor, Ontario.

For further detail on Xceller8ed trainers please refer to each trainers individual biography.