

Sign up for your free consultation

Last Updated Wednesday, 07 May 2008

Thank you for contacting FitSquad.ca.

For inquiries about personal training or to ask us a question please type your message below.

It is our number one priority to make sure you achieve your fitness goals.

Name:

Email:

Phone:

Your Message:

In rare cases, email from fitsquad.ca may be delivered to your spam folder. Please be sure to check for emails or add fitsquad to your contacts.