

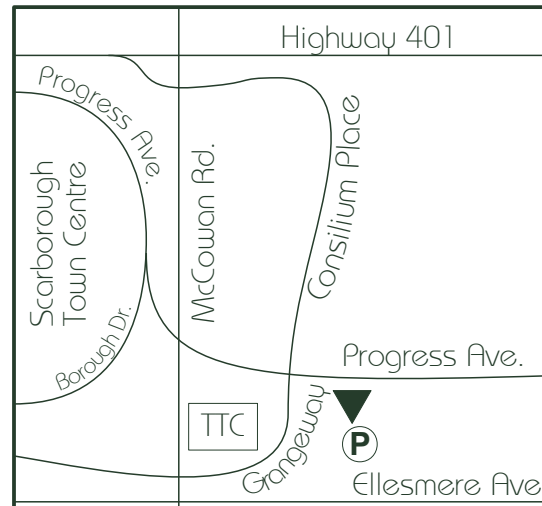
At Body Form Fitness Studio, we have designed a unique fitness experience to allow people at all levels of fitness and health to begin to exercise, in a way that will promote the best results and limit the risk of injury.

Whether you want to lose weight, are recovering from an injury or just feeling the need to become healthier, exercise plays a very important part in the changes you are about to make in your life.



We are located near McCowan & 401. We always welcome visitors interested in our services and wish to see our facilities.

We request that you please call or email at least 24 hours in advance, to arrange for your free consultation.



(Validated Parking)

- Nautilus 2ST Equipment Throughout
- Shower on Premises

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A Person's Lifestyle is like a Fingerprint
– it is distinctly their own.

Unlike a fingerprint, a person's lifestyle is not permanent. It's a reflection of the individual to which it belongs. It is something that can be modified and moulded according to attitude, environment and the person's ability to change. A person's lifestyle reflects with remarkable clarity and accuracy what their predicted health will become.

Change Your Lifestyle,
Change Your Life!

Our primary focus is the personal goals of our clients. We implement a proven step-wise approach:

- Consultation (Goal Setting)
- 15 Point Assessment
- Design Custom Training Program
- Execute Program through Scheduled Training Sessions
- Monitor / Report on Improvements against Original Goals

Initial Consultation

Goals are as unique as the individuals that want them. We begin with a consultation with new clients to identify specific, measurable goals, from which we can base a program.

15-Point Assessment

A 15-point assessment is performed to identify an individual's capabilities and the level at which their training begins.



Your Unique Training Program

We use the information gathered from both the consultation (goals) and the 15-point assessment (current health) to design a custom training program for each client.

Sessions are available once, twice or three times weekly, in 30 or 60 minute intervals. All sessions are conducted in our private studio, one-on-one with your personal trainer and utilizing only top grade equipment such as Nautilus 2ST.

Personal Goals	Suggested Sessions		
	Weight Training	Cardiovascular Conditioning	Functional Conditioning
General Health	Yes (Based on personal goals)	Yes (Based on personal goals)	
Sports / Athletics Training	Yes (Moderate)	Yes	Yes (Heavy)
Endurance / Stamina Training		Yes (Heavy)	Yes



1-on-1 Private Training Supervision

All training sessions are conducted one-on-one with your personal trainer, with no distractions to interfere with your progress.

Your personal trainer is there to demonstrate proper technique and to ensure that your breathing, form and posture are correct.

Long-Term Monitoring against Goals

All training programs are tailored to help each client achieve their personal goals. Your personal trainer monitors your progress, altering your program when appropriate, to ensure that you meet your goals.

