



JUMP STRETCH CANADA FITNESS CENTRE

Personal Training

While we encourage class participation for all sports and fitness needs, we understand that sometimes individual training sessions may be helpful to get you going in the right direction.

Personal training sessions may be scheduled with an instructor. With personal training you can learn skills in a short period of time that our personal trainers have taken years to learn and develop. So something to think about as you embark on any new venture, if you are doing things incorrectly for sometime how much time have you wasted?

Fitness is an investment in your life, health and longevity. Learn it from a professional so it's not a waste of your time and efforts. You'll see the difference in your results in a shorter period of time than those who incorrectly.