



PHYSICAL DIMENSIONS INC. WILL HAVE YOU STROLLING INTO SHAPE THIS SPRING

Toronto, CANADA (May 4, 2009) – Physical Dimensions Inc. Personal Training Studio and Wellness Center is now offering StrollerFit group sessions to their menu of services. StrollerFit incorporates mom (or dad), baby and fitness. “Having a spring baby is great as the weather is perfect for enjoying outdoor activities with your newborn,” says Niki Aron, founder of the studio and mother of a 7 month old. “StrollerFit is a great way to enjoy the outdoors, bond with your baby and get back your pre-baby body.”

Physical Dimensions’ StrollerFit is a group exercise class held at Eglinton park near Avenue rd. and Eglinton. It is a 5 week program for an hour a week. All classes are lead by Niki Aron, a certified personal trainer with over 7 years experience.

Aron got the idea for StrollerFit when some other mothers at a baby group asked if she wanted to sign up for a class. “This sounded like a great idea, but me being me I thought why would I just participate when I can teach the class. I have a thorough understanding of what the body goes through during pre and post-natal. I have put together a program that incorporates cardio and strength training focusing on the muscles used and abused during labour.”

The program starts May 7th, 2009 and class sizes will be limited, but additional groups will be added as needed. Contact Niki Aron at Physical Dimensions for more information.

About Physical Dimensions Inc.

Established in 2006, Physical Dimensions Inc. is a personal training studio & wellness center located at Yonge and Eglinton. It is a fresh alternative to the large fitness facilities in the area. Our mission is to become a successful personal training studio and wellness center by providing our clients with all the necessary tools, knowledge and information to maintain a healthy lifestyle in an environment where they feel comfortable and can enjoy themselves.

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