

Our Specialties

PERSONAL
WELLBEING

Mat Pilates/ Back Health

Progressive controlled movements performed on a mat to build back health, core strength and improved posture.

Exhale

Learn and practice stress coping strategies like breathing techniques and mindful/body relaxation.

PERSONAL
TRANSFORMATION

Lifestyle Makeover

The perfect program if you are new to fitness, returning to the gym or in a rut. Weekly nutrition and workout sessions will motivate you to stay on track with group support and ongoing coaching.

Girl Power

Workouts specifically designed for women by women to achieve muscle definition, confidence and individual fitness goals.

PERSONAL
PERFORMANCE

Core Performance

A dynamic workout incorporating functional fitness for sport and life.

Fearless

Learn and practice a number of martial arts techniques, mixed with high intensity drills for a total body workout.

No Mercy

Challenge yourself and push through plateaus. Take your fitness to new levels.



www.pwfitness.ca

fitnesscentre@purdyswharf.com

902-482-9362



Personal Training

One on One

Personal training can help you establish a healthy exercise routine, provide the support you need to stay on target and motivation to achieve your fitness goals. Whether you want to perform better, look better, or improve your health, a personal trainer can help you get there.

We promise to deliver:

- Customization
- Motivation
- Encouragement
- Accountability
- Innovative exercises
- Faster results
- Safe, fun, challenging workouts
- Education

Small Group Programs

Small Group

Merging Group Fitness and Personal Training offers a unique opportunity to experience fitness in a fun, effective and affordable way. Our specialty programs are more than a workout. We focus on individual progression and skill development in a motivating group setting to help you reach your fitness goals.

Perform Better

“Specialty Programs helped me get in the best shape of my life and enabled me to successfully run my first marathon” - Rachel

Your Trainers

Partnering for Success

Our team of certified, experienced trainers focus on your individual needs and achieving your goals.

Transform your Body

“PWFC Personal Trainers have been instrumental in helping me achieve my fitness goals, I have been able to shed over 80 lbs” - Marcel

Improve your health

“Working with a Personal Trainer has been the best investment that I have made in my health” - Cal



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