

You want to get fit, but you don't want to travel far. What do you do?

**How about a fitness class for you,
right here in your building!
How about getting fit right here with me, close by!**

**ZAP that Fat!
ZERO IN on feeling better!
ZIP into a smaller size sooner than you think!
Rediscover your ZEST for life!**

**Do you hate getting lost in the crowd? Get fit with
my personal encouragement, in my supportive,
enjoyable exercise class. I know you'll have a
great time with me and want more, so your first
class is free, just to give you a chance to feel how
great fitness can be and how much fun you can
have too! Call me for details.**

ZUZY'S EXERCISE! ZUMBA! AQUAFIT!



**Get up off the
couch and
come have
some fun!
Push away from
the computer
and move!**

**Exercise =
Happiness? Yes!
Call me for the
details: Zsuzsi
("Zuzy")
416-465-2014
zsuzsi.fitforlife@
gmail.com**

"You've got a treasure on your staff. Zsuzsi gave us something extra that I've never experienced with any other fitness guide. Zsuzsi showed us how to fine-tune the movement with personalized, concentrated, focused attention to truly maximize the workout.... She's a personal trainer for thirty people at a time! Encouraging us with humour, Zsuzsi ...was excellent. As a teacher for thirty-six years, I can tell you that you have a master teacher in your midst." **-Gila Cupchik, Toronto.**

• "I am most fortunate to have Zsuzsi as my instructor... She is always very happy and bubbly and her smile and laugh are infectious. ... The exercises are fun, the music is upbeat and and we find ourselves singing along, Suzy's classes are definitely inspiring" **-Margaret Rose Robb**

• "Zsuzsi is an asset... Her experience in the field is impeccable... her friendly and courteous manner is always well appreciated." **-Darlene Holland, Manager, Mayfair Raquet and Fitness Clubs**

• "Zsuzsi, your positive outlook and tremendous energy is always appreciated. Thank you for your continued commitment." **-Lesley, The YMCA of Greater Toronto.**

• "Zsuzsi has a wealth of ideas ... The members are very positive in their comments on Zsuzsi's teaching... she has a very consistent base of loyal participants. Her experience and professionalism shine through." **-Cathy Aspin, Aquatics Program Manager, Mayfair Parkway.**

• "I have nothing but praise for the teaching skills of Zsuzsi Rosavolghi. As a stroke victim, I found her exercise technique extremely therapeutic... I always look forward to her classes. The way in which she coaches young and old is a tremendous asset for any swimming program." **-Richard F. Van Westem**

• "Suzy's aqua fit classes offer something for everyone and the opportunity to work at your own level of intensity.... Whether you are training, recovering from an injury, or just want to move your body and have some fun, aqua fit will not disappoint" **-Catrina Wood, Mayfair Lakeshore.**

• "I had a full knee replacement surgery... received the usual therapy for this type of operation, but after four months was still experiencing some pain and the leg was not getting better. I started the aqua fit program and later added the power jog program. I noticed a vast improvement in my knee with flexibility and strength. I really can't say enough good things about the program. With thanks." **-Gary M.**

• "Zsuzsi is a great instructor... I have some joint problems and she has spent time helping me to perfect the moves and avoid additional injury ... we LOVE her classes. Thanks Zsuzsi." **-Barb Moore**