

Attention

Private Exercise Classes In Your Home

Hire a certified personal trainer with specialized training in:

- Exercise for Older Adults
- Balance & Mobility
- Overuse Injuries

To book a **FREE** consultation call or text:
604-854-0058

or email:

info@patransform.com

With 20 years of experience working with seniors, we can help you increase your strength, regain mobility and improve balance.



PROACTIVE TRANSFORMATIONS
PERSONAL TRAINING STUDIO