



SUZANNE FAHIE H2O~FIT

Email: h2ofit@rogers.com
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Website: h2ofit.com

PROFILE

Successful business owner and entrepreneur with high standards of professionalism and exceptional organizational skills. Believes that creative ideas and sterling customer service are key to ongoing success.

"The variety of workouts is great - from candlelight stretch, tubing, free weights and using body-weight workouts I have noticed an improvement in my fitness level in a short time!"

Lisa W.

ZOOM ~ FIT CLASSES

Join Suzanne for some fitness and fun on Zoom!

Free Trial Class

To sign up, contact Suzanne:
email: h2ofit@rogers.com
phone: 647-449-0043

Different Workout Each Week

Candlelight Stretch
Stretch & Strength
Cardio Combos
Core on the Floor
S.W.E.A.T.
Toning with Tubing
The Athlete
Step It Up
Body~Weight Workout
...and more!

Class Schedule

Monday 10:15 - 11:15am
Tuesday 10:15 - 11:15am
Wednesday 6:15pm - 7:15pm
Thursday 10:15 - 11:15am
Friday 8:15 - 9:15am
Saturday 10:15 - 11:15am

Class Fee Per Month (incl. HST)

\$59 (\$79 family rate): unlimited classes
\$29 (\$39 family rate): one class per week

Note: We use a high-resolution 4K webcam for our Zoom classes to enhance the visual experience of our classes. If you require assistance with the Zoom app, we will help you get up and running!

Instructor

- Suzanne Fahie, B.Kin., B.Ed.
- 35 years as an educator and facilitator of fitness and aquatic programs
- thorough knowledge of anatomy and body mechanics
- applies specific adaptations for all ages, abilities
- Q&A available after each class

Media Coverage

H2O~FIT featured on CityLine with Marilyn Dennis
BabySwim program featured on CityTv segment
Aquafit program featured on Fairchild Television

