



# SUZANNE FAHIE

## H2O~FIT

Email: [h2ofit@rogers.com](mailto:h2ofit@rogers.com)  
Tel: (647) 449-0043  
Website: [h2ofit.com](http://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.

*"...Suzanne's background in kinesiology and well-planned workouts and excellent cueing and demonstration of each exercise feels like a personal training session!"*  
Lisa W.

# ZOOM ~ FIT CLASSES

Join Suzanne for some fitness and fun on Zoom!

### Two Free Trial Classes

To sign up, contact Suzanne:  
email: [h2ofit@rogers.com](mailto:h2ofit@rogers.com)  
phone: 647-449-0043

### Different Workout Each Week

Stretch & Strength  
Calisthenic Combos  
Core on the Floor  
Candlelight Stretch  
Walk 'n Talk  
Toning with Tethers  
The Athlete  
Awesome 8s  
& more!

### Class Schedule

Monday 10:30 - 11:30am  
Tuesday 10:30 - 11:30am  
Wednesday 7:00pm - 8:00pm  
Thursday 10:30 - 11:30am  
Saturday 10:30 - 11:30am

### Class Fee (incl. HST)

\$59 per month: unlimited classes  
\$29 per month: 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

