



Seniors Information Center - Provider Information Sheet

Provider Name:

Dynamite Personal Fitness

Address:

12 Westwood Blvd

City/Town:

Upper Tantallon

Bus. Phone:

1-902-877-2833

Email:

dynamitepersonalfitness@gmail.com

Contact Name:

Charity Kaizer

Postal Code:

B4Z 1H3

Fax:

Website:

Province:

Nova Scotia

Phone 2:

Description of Services:

From Group Fitness to one on one Personal Training. Long term committed clients for 10+ years and always have room for you. Most group fitness classes are held at St Margaret's Centre, and a few local locations in Tantallon and Hammonds Plains. Email me for a current schedule and list of locations. Not a fan of groups...need some individual / customized programming? We have you covered - solo personal training and small groups so that you can train with friends, family or kids. Email for your complimentary consult.

Provider's Remarks:

We have a great group of individuals that train with us, all ages and fitness levels welcomed. Email for more info at any time. Cheers!

Optional Information:

Insured: **Yes**

Licensed: **Yes**

Bonded: **No**

BBB: **No**

Srs. Discount: **No**

Free Estimate: **Yes**

Home Based: **Yes**

Local: **Yes**

Knowledge Based: **Yes**

Disclaimer: The above information was submitted by the service provider or generally available to the public. Their services are not endorsed or recommended by Seniors Association of St. Margaret's Bay over other providers.

Please contact the service provider to verify information, check references, etc.