



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:

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: Not Indicated
BBB: Not Indicated	Srs. Discount: Not Indicated	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.