



Niki Aron

Physical Dimensions Inc.

ADDRESS 2156 Yonge St.

YEARS IN BUSINESS 9 months

OWNER Niki Aron

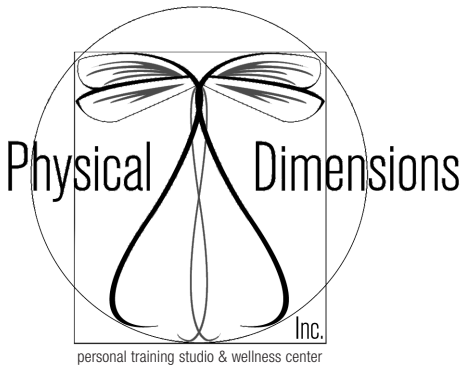
Niki Aron's first goal upon becoming a personal trainer was to open a gym. For the first few years of her career Aron built up her resume by working at a large gym in her area as well as a smaller personal training studio. Then, a love for helping people feel great about themselves, reach their fitness goals and get healthy combined with her entrepreneurial spirit led her to opening the Yonge and Eglinton Ave. based Physical Dimensions.

"Physical Dimensions has a Zen-like atmosphere," describes Aron. "You will not experience this anywhere else. In the late afternoon the sunlight beams through the skylight windows and hits the gym floor to produce this 'golden glow.' It is not just visually stimulating, but spiritually enlightening as well."

Patrons of the boutique health and wellness centre have access to services such as one-on-one personal training, registered massage therapy, traditional Chinese medicine, Thai massage, nutritional counseling, acupuncture, hot stone massage, reflexology and Lymphatic drainage. Furthermore there are no membership fees or contracts to sign at the center.

As for Aron's secret to success, she's still figuring that out herself. "I will let you know when I know. I have had one success after another opening my business. Every step of the way was uphill, which means getting to the top will be that much more satisfying."

Explore Your Own Dimensions...



*10% off our 8 pack
of Personal Training sessions*
25% off Shiatsu, Aroma, Reflexology
and Hot Stone Massage**

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** This offer is for new clients. Valid only until December 15, 2007.*