



PHYSICAL DIMENSIONS INC. IS OPEN FOR BUSINESS

Toronto, CANADA – Physical Dimensions Inc., Personal Training Studio & Wellness Center is open for business at Yonge and Eglinton. Physical Dimensions is a boutique-style health and wellness center offering a variety of services. It is a fresh alternative to the large fitness facilities in the area.

Physical Dimensions is an intimate space with professional staff and all the tools a person needs to get active and stay healthy. Membership fees and contracts are not required.

Physical Dimensions offers; one-on-one Personal Training, Registered Massage Therapy, Traditional Chinese Medicine, Acupuncture, Hot Stone Massage, Shiatsu Massage, Aromatherapy Massage, Reflexology, Lymphatic Drainage, Thai Massage, Qi Drop Therapy, Nutritional Counseling and more.

“Clients will experience the pleasure of a pain-free, trainer-assisted workout that increases their energy, will help them achieve their personal goals and make them feel great,” says Physical Dimensions’ founder and personal trainer Niki Aron. “After a workout clients can also benefit from a massage or acupuncture treatment to help accelerate muscle repair and recovery.”

The variety of services caters to all ages, fitness levels and medical conditions. We are confident that anyone can benefit from a visit to Physical Dimensions.

About Physical Dimensions Inc.

Established in November 2006, Physical Dimensions Inc. is a place of comfort and leisure for both clients and staff. Our mission is to become a successful personal training studio and wellness center by providing our clients with all the necessary tools, knowledge and information to maintain a healthy lifestyle in an environment where they feel comfortable and can enjoy themselves.

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