



Graham Paine/Metroland

'I think there's a vague definition of home now, because it differs for everyone, whether they see it as a place of work or rest. It's become a hybrid for a lot of people. I've grown to appreciate working remotely. It's about finding the right balance.'

— Justin Ortiz



Private Gym, Personal Training & Fitness Classes



We are happy to say that the Glen Fitness Studio is alive and well after (almost) 2 years of COVID.

We were like a deer in the headlights when the new rules kicked in. But within 2 days of the lockdown, we had pivoted, putting our classes on Zoom, followed by personal training through Zoom as well. We emptied all equipment and props as the on line training gained momentum. Our gym members proved to be very flexible and determined. No one wanted to give up staying in shape. We instinctively knew the value of staying healthy, especially during times of stress.

To adapt, members and trainers had to let go of the things that we loved and the things that worked so well (ie: spin classes), and focus on the tools that were available at a particular point in time. I truly believe after this process, we are stronger leaders with more determined members. Clearly, when the going gets tough, the tough get going! Many members told me that having access to a gym became even more important during Covid.

Sometimes gyms have been depicted as a place for young, strong people to get fitter. It can be intimidating. Many people have shared that one of the toughest things to do was muster the courage to come into a gym and make an enquiry. It is true. The hardest step is always the first one. If they wonder things like: What does personal training entail? Can I do it? Will I like it? Can the trainer adapt to my needs? The answers are happily YES YES YES.

Are you looking for a new gym home? At the Glen Fitness Studio, we begin with a tour of our facility, then a long chat about your past history and goals for getting fit. Then we introduce you to one of our skilled trainers, and you enjoy a complimentary assessment workout as you plan your way forward.

We are a small, friendly community gym with great people. The atmosphere is supportive and informal. I am so proud of who we are! I'd especially like to thank our members for your flexibility and support during the past two years. Thank you from the bottom of my heart.

Sincerely,
Barbara Gill

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