



Thanks for joining Grange Fitness. My name is Mark, and I'm your Fitness Coordinator. I look forward to answering all of your questions and ensuring that you have the best possible experience at our facility!

I'm a Registered Kinesiologist with the Ontario College of Kinesiologists R.Kin, as well as a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association. I've logged over 5,000 hours of Personal Training for clients with a wide range of needs, from post-rehab to high performance athletes.

I enjoy all things outdoors and I'm a fan of all Toronto's teams: Blue Jays, Leafs, Raptors and TFC!



Hi, I'm Sarah, and I am a certified personal trainer and group fitness instructor. My exercise and life philosophy can be summed up in one word: balance. Each and every person is different, but one goal exists for all — to achieve a level of health and wellness that allows you to make the most of your everyday life. I offer a breadth of knowledge and experience in resistance training, and would love to customize a healthy, balanced, achievable program for you. My areas of specialization include functional training, HIIT, core strength, sport-specific training, agility-training, pre- and post-natal, and injury, surgery and stroke rehabilitation.

I can be found taking high intensity cardio classes when I'm not teaching them. I am also a big proponent of stretching; I can show you how to incorporate stretching into your daily routines to improve your flexibility. When I'm not in the gym, you'll find me playing beach volleyball, dancing, traveling and cheering on the Toronto Maple Leafs.