



Boiler Plate

About Train by Trina: Toronto-based Train by Trina is a leader among Canada's most prominent personal training companies. Founded in 2004, Train by Trina is owned and operated by Trina Lambe, a certified ACE Personal Trainer, "Johnny G" Spinning Instructor, Registered Massage Therapist and overall fitness success coach and expert.

Train by Trina makes **fitness accessible to everyone** - whether it is a regular weekly session at your home or a one-off in-office consultation to help you set up your own program. Their approach to fitness is straightforward: live a healthy lifestyle through activity; respect individual needs, goals and progress. For more information, please visit www.trainbytrina.com.

