

QUEEN ST. W.

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[www.OurNeighbourhoodMagazine.com](http://www.OurNeighbourhoodMagazine.com)

FREE

# OUR NEIGHBOURHOOD

Profiling the PEOPLE Behind the Best in Shopping, Dining, Arts & Entertainment



*Christine's*  
FITNESS &  
PERSONAL TRAINING

Christine Steiger

**PLUS:** *Pets in Our Neighbourhood*



By: Roger Tumminieri

457

Richmond Street West

Christine's  
FITNESS &  
PERSONAL TRAINING

416.603.0004

[www.christinesfitness.com](http://www.christinesfitness.com)



**C**hristine's Fitness & Personal Training is an up-scale, comfortable, all-female fitness facility. Touted as 'the ultimate fitness experience for women,' Christine's Fitness offers Personal Training, Pilates, Yoga, Hydrotherapy, Reflexology, Chiropractic Care, Active Release, Posture Alignment, Back Care, Pain Relief and Esthetics. Since memberships are interchangeable, clients enjoy the privilege of using any of the three locations in the city. Christine's Fitness is conveniently located in our neighbourhood at 457 Richmond Street just west of Spadina.

Focused specifically on the needs of women, Christine's Fitness caters to those at all stages of life. Are you getting married and want to lose weight for your wedding? Did you

just have a baby and want to get back in shape? Do you love to eat but need help to lose weight? Do you want to look and feel your best all the time? Christine's Fitness has years of experience helping women with these common needs.

Christine Steiger, the driving force and the name behind Christine's Fitness has worked in the health club business since 1973. She began her career in Montreal and moved to Toronto in 1975 to work for Vic Tanny's Health Clubs. That company was acquired in 1979 by Super-Fitness Centers and by the 1980s became Canada's largest health club organization. Growing with the company, Christine worked with thousands of clients, helping them achieve their fitness

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**Are You Y2K Fit?**  
**End of the Millennium Sale**  
only **19.99** a month  
**Super Fitness**

Consumers' Choice Award  
1999  
For Business Excellence

goals. In addition to her daily duties in the clubs, Christine became the company's spokesperson, featured in print ads, radio and TV commercials. To this day, she is referred to by some as "Christine from SuperFitness". Working her way through the ranks, Christine became Vice President and eventually part owner.

In 1999, Christine decided it was time to make a life-changing decision. She sold her shares in SuperFitness and concentrated her efforts on providing services for women only. Parlaying her extensive experience and knowledge of exercise and nutrition, she began Christine's Fitness. The rest is history. Now with three locations in Toronto, Christine

has established herself as a force in the fitness industry. Catering specifically to the needs of women, each location is based on the belief that women want a convenient, comfortable and positive environment in which to reach their fitness goals.

Christine's Fitness & Personal Training is located at:  
457 Richmond Street West (at Spadina) 416.603.0004  
912 Yonge Street (at Davenport) 416.969.9912  
372 Bay Street (at Richmond) 416.363.0028  
For more information visit:  
[www.christinesfitness.com](http://www.christinesfitness.com)

