

# One leg at a time

One to One Fitness is so not your regular gym. Pass through a heritage leaded-glass doorway into the studio. Gaze out the French doors or inhale the fresh air of the garden—if you can spare the energy. Owner and personal trainer Sherry Ulaszonek takes classes outside when the weather's right and whether you're indoors or out, Sherry's small groups and individual sessions give exercisers of all fitness levels the opportunity to excel.

"You work hard but I make it fun," Sherry promises. "Every class is different and you achieve so much."

A 40-year-old wake-boarder who hadn't exercised in years said he was in the best shape of his life after six weeks with Sherry. A regular marathoner shaved 30 minutes off his time in six months. An 82-year-old woman, after just three weeks, greeted Sherry with an enthusiastic, "I stood on one leg to put my pants on! I haven't done that in years!"

That kind of balance is crucial to everyday safety and well-being as well as for more athletic performance, and it's something that is all too commonly lost with inactivity and age.

"I work the whole body," Sherry says, "but I focus on core strength, which is what you need for walking, golfing, rowing, hockey...and putting on your pants one leg at a time."

Sherry knows the human body inside and out. She studied kinesiology, earned a diploma in rehabilitation medicine and for 11 years she worked



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with physiotherapists. She began personal training in 1986 and taught advanced personal training seminars to Japanese trainers with a large corporation in Osaka and Kobe. She also trained with Dr. John Douillard, who opened a clinic in New York State with Deepak Chopra.

She calls her workouts "fusion" because she combines yoga, Pilates, Ayurveda, strength training—and of course fun. She developed her unique style over years working in rehab and gyms. With a maximum of eight people per class, she tailors the exercises to suit individual needs. So although a group might consist of a blend of ages and fitness levels, everyone gets the right workout.

Some people have never held a weight while others struggle with the aftermath of injuries from car accidents or falls. Elite athletes want to

improve performance. CEOs need to manage stress. Many people just want to lose fat and gain muscle definition.

The first class starts at 5:45 a.m. and the last one of the day begins at 6:30 p.m., although Sherry will add classes or private sessions at any time clients want. For a workout in your home, office, or her garden studio, to have fun or run a marathon, call One to One Fitness. Sherry's prices fit all budgets and you'll accomplish amazing things. Sherry promises.

"What's your secret dream?" Sherry says. "Running a marathon? Looking great in your bathing suit? Setting a goal helps you stay on track. Miraculous things happen."



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PERSONAL TRAINING

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