



IN-HOME SENIOR FITNESS & WELLNESS

Personalized Fitness for Stronger,
Safer Aging

Supporting independence,
mobility, and confidence, right at
home.

ABOUT US

Ember Fitness is a Canadian in-home fitness service dedicated to helping seniors stay active, independent, and confident in their own homes. We believe aging should be lived with strength, dignity, and movement.

Our approach combines professional fitness expertise with genuine care, creating a supportive environment where clients feel safe, motivated, and empowered to move better every day.



CONTACT US



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www.emberfitness.ca

EMBER FITNESS.INC

ELDERLY FITNESS SERVICES

*Compassionate Care for
Your Loved Ones*



OUR SERVICES INCLUDE



IN-HOME PERSONAL TRAINING

One-on-one fitness sessions delivered in the comfort of your home, tailored to improve strength, balance, mobility, and daily function.



PARTNER / GROUP FITNESS

Train with a spouse, family member, or small group to stay motivated while enjoying safe, guided workouts together.



FALL PREVENTION & STRENGTH BUILDING PROGRAM

A specialized program focused on improving balance, leg strength, and coordination to reduce fall risk and build confidence in everyday movement.



POST-REHABILITATION FITNESS

Safe, progressive exercise programs to help you regain strength and mobility after injury, surgery, or physical therapy, working within medical guidelines.



THE BENEFITS OF OF OUR FITNESS SERVICES

ENHANCED QUALITY OF LIFE
PEACE OF MIND FOR FAMILIES
PROMOTES INDEPENDENCE
PERSONALIZED ATTENTION

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WHY CHOOSE US?

- In-home convenience and comfort
- Certified, experienced senior fitness trainer
- Fall-prevention and strength-building focus
- Personalized programs for all fitness levels
- Compassionate, respectful, and supportive care