

Build My Body Beautiful



266 King St W
Toronto, Ontario M5V 1H8
Canada

Phone: 4169962664

Build My Body Beautiful is a downtown Toronto based fitness company providing leading fitness bootcamp classes, personal training, contest prep and weight loss solutions for women. The company's mission is to introduce health and fitness into women's lives, empowering them to not only build a beautiful body, but to create a positive self-image and feel confident from inside out.

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