

# MMA Training Toronto Will Never be the Same

Robert Hermann October 03, 2014



MMA training Toronto Top Team Martial Arts & Fitness

Olympic wrestler and MMA fighter, Ainsley Robinson announces his MMA Training Toronto Top Team gym opening, on October 4th, 2014. The gym offers the full range of exercising facilities and classes, including CrossFit, Brazilian Jiu Jitsu, BJJ, MMA.

([NewsWire.net](#) -- October 2, 2014) Scarborough, Ontario -- Ainsley Robinson, former Olympic wrestler and MMA fighter announces his MMA Training Toronto Top Team gym opening in Scarborough, October 4th. Robinson's Toronto Top Team gym offers martial arts and fitness classes for the entire family. Services provided include Muay Thai, Brazilian Jiu Jitsu (BJJ), Boxing, Kickboxing, Wrestling, CrossFit, Yoga as well as Strength and Conditioning classes for people of all ages and fitness levels.

Robinson is bringing his knowledge and hands-on training experience to the wider community of Toronto with an aim to help improve the health and fitness of people who want to become their best version yet. Ainsley Robinson said today,

"Toronto Top Team is truly a family gym. Parents can introduce their kids to the physical and mental benefits of martial arts with just for kids classes, while parents can increase their skills, stamina and overall fitness with a wide variety of adult classes."

"There's no rule as to how and when families should exercise. A day of play at a park is considered exercising but unless families have an exercise schedule to stick to, it's harder to pass onto children the value of an active lifestyle." says Ainsley

Top Toronto Team is a family gym that welcomes and encourages families to exercise together both as a way to improve physical fitness and as a way of family bonding. Getting into shape doesn't have to be an agonizing experience, people of all fitness levels can get the bug of active lifestyles, if only they give themselves a chance.

People can try out different martial arts and styles of training until they find one that's most suited to their personality and serves them at what they want to achieve be it stamina, flexibility, strength, speed or a combination of above.

Toronto Top Team has a grand opening October 4th. The family training centre is at 777 Warden Avenue unit #1, Scarborough, Ontario, M1L 4C3, Canada. Ainsley Robinson welcomes everyone to come check the facilities and discuss with Ainsley their exercising needs and goals.

## About Toronto Top Team Martial Arts & Fitness

Toronto Top Team Martial Arts & Fitness is a martial arts Toronto based Gym that offers Boxing, MMA, Muay Thai, Brazilian jiu jitsu, BJJ, Wrestling, & Kick Boxing. We also provide specific classes for kids, teenagers & women. We also offer personal trainer services, strength & conditioning classes, Cross fit classes, Yoga & weight loss programs.

## Toronto Top Team Martial Arts & Fitness

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