



April's Group Exercise Client of the Month

Lindy Rymer

April's Group Exercise Client of the Month award goes to 'Lindy Rymer'. Lindy's results is nothing short of inspiring, Lindy continues to go from strength to strength every month and every since starting our fitness assessments in February she has continued to go up a ranking in her fitness levels. Hence I have to name Lindy as 'Miss Consistent' congratulations Lindy your hard work and determination is a true testament to your fantastic results, you're a champion.

Month	Beep Test	Push-ups	Sit-Ups	Bridges	Squat Hold	Fitness Ranking
February	5	50 Knees	60 Assisted	1:27	5mins	Police Force
March	6.3	41 Toes	60 Unassisted	1:10	6	Navy Force
April	6.8	53 Toes	48 X Over	3:15	6	Air Force

Yours sincerely

Denver Oliveux

PS. Remember – To Look Good you have to Train Ugly!