



Personal Training Client of the Month

JUNE

Congratulations DANNY

Danny

Danielle became our Personal Training client of the Month for August. Danny is our youngest ever client to win this award and it speaks volumes of her dedication when an adolescent can outperform adults to earn this achievement. Danny trains with our team two times a week and trains almost every other day at home, this is a completely different lifestyle when compared to when we started in February when Danny basically only done school sports once a week for her physical activity. Danny was given a training regime and a diet plan and took both by the horns and as a result has lost 3kg in the month of June. Congratulations Danny you're results say so much about all the hard work you have put into your training and where all very proud of you!!!

**You're a champion!!!**

Yours sincerely

Denver Oliveux