



Group Exercise Client of the Month

JUNE

Congratulations KELLY BAKER

Kelly became our 'Group Exercise Client of the Month' for June. Kelly achieved this fantastic award as a result on improving by a full level on the Beep test from 6.1 to 7.2 and in the process moving up a ranking as well.

Kelly went from Navy Fit to Air Force Fit as a result of reaching this level, well done Kelly on your hard work and your results reflect that effort

	<b>Month 1</b>	<b>Month 2</b>
Beep Test	6.1	7.2
Push-Ups	28	30
Sit-Ups (Anchored)	45	50

Yours sincerely

Denver Oliveux