



Group Exercise Client of the Month:

MAY

Congratulations HELEN SOUTHERN

May's Group Exercise client of the Month is **Helen Southern** whom achieved great results in the fitness assessment held a few weeks ago. Helen improved in all areas of our fitness assessment but the most incredible results came from her 'Beep Test' results.

Helen's previous personal best recorded with our team was a very respectable 7.2 however a few weeks ago Helen achieved 9.4 and only stopped because no one else could keep up with her ha!!

Well done Helen this award is long overdue for you congratulations!!

You're a Champion!!