



## Helen Southern

Personal Training Client of the Year for 2010



When I first started training with LGFG I wanted to get fit and toned. LGFG have helped me achieve this well and beyond. I am now the fittest and healthiest I have ever been, The trainers are interested in you and what you want to achieve, they are also very supportive and encourage you to do your best. The sessions are interesting and enjoyable. Exercise is something I now look forward to. I highly recommend LGFG to anyone of any age, it's never too late!

Thank you

Helen Southern