



GROUP EXERCISE TESTIMONIALS

Name: Alison Basham

Age: 21

Occupation: Property Manager

1. How long have you been doing the Group Fitness Classes?

I have been coming to the classes for two years now and I have thoroughly enjoyed every minute of it.

2. What classes have you participated in?

I come to the Kick Boxing and Boot Camp classes 3 times a week

3. Which class do you most enjoy and why?

Boot Camp classes are very rewarding and they push you to your limits. I am fitter now than ever before and each week we do something different. It's very exciting and challenging for all fitness levels

4. What have you gotten out of the classes

Over the two years I have gained confidence, muscle tone, weight reduction and have formed great relationships with many people that also participate in the classes. I find Denver and his team very friendly, motivating and they always have your best interest at heart.