



Here at 'Looking Good & Feeling Great' we aim at providing our clients with nothing but the best in customer service and results in the Penrith area. We are proud of our efforts and know we can help you experience great results but don't take our word for it review our testimonial from 'Ashley George' who has experienced amazing results using our Personal Training services.

PERSONAL TRAINING TESTIMONIAL

Name: Ashley George
Age: 42
Occupation: Managing Director of **Lancorp Pty Limited**

1. How long have you been a Personal Training Client?

I have been training now for 5 months

2. Why did you choose Personal Training?

I was feeling really unhealthy and self conscious about my appearance especially when I was in a suit for work.

3. What do you enjoy the most out of Personal Training?

My trainer Aris has kept me motivated and on track to allow me to reach goals that I could only dream of before and life has become fun again, you need someone to push you but not overdo it and Aris is a Pro.

4. What results have you received out of Personal Training?

I have lost 20kg in weight and have a new passion for life. I get up every morning to exercise and love it. When I started I could not even do a push-up now I can do 50 non-stop that is an unreal feeling and I am planning to ride the Sydney to Wollongong Fund Raiser to raise money for MS research. I recommend to anyone whom is trying to lose weight and get into shape to invest into a trainer from 'Looking Good and Feeling Great' and you will never look back.