

January's Group Exercise Client of the Month

Kelly Rosetto



In the December Kelly achieved 5.7 on the Beep Test and 50 Knee push-ups and 22 sit-ups. In January Kelly reach 6.4 on the Beep test, 20 toe Push-Ups and 30 Sit-Ups. Not an easy accomplishment by any means especially going from knee push-ups to toe push-ups. .Kelly achieved client of the month because she improved the most out of all our Group Exercise clients in the month of January.

Congratulations Kelly you're a CHAMPION!!!

	Month 1	Month 2
Beep test	5.7	6.4
Push-ups	50 knees	20 Push-ups
Anchored Sit-ups	22	30