

GROUP EXERCISE TESTIMONIALS



Name: Melissa Morris

Age: 26

Occupation: School Teacher

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

I have been coming to the Group Exercise classes for almost 2 years now.

2. What classes have you participated in?

I have been coming to the Kick Boxing and Boot Camp classes

3. Which class do you most enjoy and why?

I really enjoy both classes they're challenging and really push me to work hard. The classes are great fun and the trainers are fantastic.

4. What have you gotten out of the classes

My fitness has increased out of site and I have toned up all over which is fabulous!!!