

## 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!!!