

## GROUP EXERCISE TESTIMONIALS



**Name:** Natalie Willing

**Age:** 29

**Occupation:** Receptionist

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

I've been attending group fitness classes for approx 18 months

**2. What classes have you participated in?**

Boxing, boot camp and had personal training leading up to my wedding.

**3. Which class do you most enjoy and why?**

I enjoy both boot camp and boxing for different reasons, Boot camp because it's great to exercise outside and improve your fitness in different areas such as running and increasing stamina and boxing because it's a fast class that makes you really sweat and improves general fitness and helps tone arms and legs

**4. What have you gotten out of the classes**

Meet some really great friends, increased my fitness level, lost a couple of kilos, improved my muscle tone in my arms and legs and all in all feel great.