

In regards to Phoenix Fitness & its staff:
I joined the center after major surgery in the
hope of speeding my recovery. The staff at Phoenix
have been extremely helpful in answering any
questions I had in regards to any use of equipment
and what particular things I should be using.
I also hired a personal trainer who has been an
inspiration to my recovery. Chris has a lot of
knowledge about human anatomy which is an import.
part of being a fitness trainer. (in my opinion)
Chris keeps me motivated through encouragement, he
knows what I'm ~~able~~ capable of doing. I know
that ~~I~~ on my own I could not have achieved
my goal as fast.

Chris maintains his professional standards at
all times, yet he is friendly & fun to work with.
Keep up the good work Chris!!!

Bob Reiknecht