

It was last November that I entered the world of Phoenix Fitness. The name was not new to me having been a member about 14 years ago and at that time I had enjoyed my experience there.

I was in November, a member of another facility, but on the whole the negatives outweighed the positives so it was time to go in search of something new.

When I called I spoke to Elise, who was a delight to deal with and very informative. I met with her, received a tour and subsequently booked an appointment with Vince.

Dealing with Vince is a pleasure. He is very informative and pleasant. However, he presented the horrible news that I was up to 162 lbs @ 38% body fat! After talking to him about my options I decided to use a personnel trainer, as obviously I was not doing very well on my own.

Vince decided that Chris Roberts was the one that I would have the pleasure of working with. I was hesitant about this meeting having a history of neck and back injuries, both of which had been aggravated by previous trainers. Well, I can't say enough good things about Chris. His knowledge level is amazing, his personality is as great as his knowledge level plus he knew when and where to push, sometimes literally!

Four months later my fitness assessment made me smile, as my weight has dropped to 155lbs @ 28% body fat. Yes, while it is true that the sweat and tears were mine I would not have been able to get where I am and where I will still go without the amazing team behind the doors of Phoenix Fitness. This includes the great group at the desk, that are always smiling and the instructors in the aerobic classes

Thanks to everyone, especially Chris.

Jody Brown