



When I started exercising several years ago my goals were very modest. I just wanted to ensure a regular attendance at the gym and by doing so see some weight loss. From that very limited beginning I am proud to say that I have gradually progressed to classes or weight training sessions being a regular part of my day! As well, I am lighter and in much better shape than I was before having three children!

I credit my success at Phoenix Fitness to several factors:

- A supportive atmosphere At Phoenix one is as likely to see an obvious beginner to a well muscled body builder, men or women, young or old. One need not feel intimidated or awkward. At Phoenix there are all shapes and sizes and all are working towards similar goals - improved fitness levels!
- Fantastic Staff Staff and instructors are very knowledgeable and helpful, knowing how to challenge and support at the same time.
- Great Classes I enjoy the variety of classes as well as the variety of instructors. Because of this variety different body parts are targeted, while improving endurance and the classes remain challenging.
- Challenging and Rewarding Personal Training Sessions If I had been aware of how quickly I would see results after starting with a personal trainer I would have started long ago! Lil B. has forced me to redefine my personal limits, maximizing results, while emphasizing proper technique and form.
- Convenience
  1. Phoenix provides an excellent baby / child care service, allowing me to work out without worrying about my children.
  2. Many classes offered throughout the day, allowing me to work in a 'work out' 5 days a week.
  3. Lots of parking
  4. Excellent facilities and well maintained equipment

In summary, my modest goal has certainly evolved over a few years. I can't wait to see how I'll continue to develop over the *next* few years!

Thanks Phoenix!

Jennifer Namby