

25 Suter Crescent  
Dundas, Ontario  
L9H 6R7

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Phoenix Fitness  
1015 Golf Links Rd.  
Ancaster, Ontario  
L9K 1L6

Dear Murray and Rita:

I am writing in regards to my experience at Phoenix Fitness since I joined in 2002 and specifically about my personal training with Scot Dawson. When I joined I was very nervous since I had never been a member of a gym before. I was very overweight and felt embarrassed that I didn't know how to work out.

Everyone who took part in my membership made me feel very welcome and quickly eased my fears about stepping foot into a gym. My orientation was with my trainer Scot who took the time to go over what my goals were and how we would reach them. I had a realistic plan put in place and was given great guidance in how I should eat and how often to train in order to reach those goals.

Scot is a great trainer because he really guides me and motivates me to go in the right direction. Since I started training I have never felt better and have lost over 35lbs. I can honestly say that I am in the best shape of my life at this moment and I am still working with Scot towards new goals.

He is a very patient person considering the obstacles he has to sometimes deal with when it comes to a client like me. I always know if I am feeling unmotivated that Scot will be there to get me back on track. I look forward to my training and don't really know where I would be right now if I hadn't signed up with Scot and joined Phoenix Fitness.

Thanks,



Jennifer Patrick