

Personal Trainer – Elisa

Thanks to Elisa I have been able to regain my enthusiasm for fitness. After many years of aerobic classes and workouts on the exercise machines I was totally bored, so much so that I was willing to surrender my membership at Phoenix Fitness.

In fact the very day that I was going to make it official, Elisa offered me a complimentary personal training session. I was excited to find out that she would offer me a challenging and varied workout geared to what my goals were.

I am pleased to report that I was able to complete 36 sessions and have signed up for more. She is able to help me schedule time in my busy weeks to keep fit. Hooray for her!

Karen Selwyn-Waxman, M.D.