

December 16, 2004

Phoenix Fitness

Re: Personal Trainer Eliza

To Whom it may Concern:

I have been a member of Phoenix Fitness for just over two years.

I have been training with Eliza for a few weeks and I am more than happy. She pushes me to the point of failure which is exactly what I want from a personal trainer. I had been working on my own and I realize how slack I had become with myself and Eliza is rectifying that weakness.

She takes the time to physically help with my stretches. As she is also trained in Yoga, she uses that tool to round out the session.

She gives me plenty of encouragement and positive feedback.

I would recommend Eliza without hesitation.

A handwritten signature in cursive script, appearing to read "K. Burdick".

Karen Burdick
819 Upper Paradise Road
Hamilton, Ontario