

March 1, 2002

The best testimonial I can give for Rita and Murray and PHOENIX FITNESS is the fact that I drive 25 miles ONE WAY to work out 5-6 times a week. Some days I drive there twice because my 17 year old son trains there as well. I first met Rita several years ago for some personal training while I was training for a marathon. I am still training with her.

In addition to personal training the various classes are incredible. The spinning classes are great and the bikes are always very well maintained (I know for a fact this is not true at some clubs). Kickboxing classes, step classes, hi-low classes are all challenging and fun regardless of who the instructor is that day.

I am constantly amazed at how well Rita and Murray do their jobs. They are both positive, energetic and extremely knowledgeable. It seems as if every couple of months one or both of them are attending some sort of seminar or extra training so they can pass on the information to their club members via new classes or programs. They constantly are at the club and available to help with any kind of fitness questions. I have never seen them too busy to help any member with anything. They also surround themselves with an excellent staff.

I would recommend Phoenix Fitness without hesitation to anyone who is looking for a FIRST RATE club to join.

Linda Brient