

KEVIN MCISAAC

Kevin has been my personal trainer at the Phoenix Fitness Centre this summer. From the get-go, we established a very good working relationship. Kevin always greets me with a smile and listens to my concerns as we work together on my personal goals. He gives enough explanation to help me focus, talks me through difficult routines and corrects my form when needed. I feel supported and encouraged at all times; I really trust Kevin as my personal trainer.

Kevin offers a great program, with each session challenging me. The hour goes by so quickly and I leave the gym feeling alive and strong. I always look forward to our next session together.

A handwritten signature in cursive script that reads "Marlene Castura". The signature is written in black ink and is positioned to the right of the main text block.

Marlene Castura
August 16, 2004