

Thanks for that wonderful card of encouragement. I just have to say I just love the total experience. The classes are great, the environment is friendly and professional and I love the newness and the location. I always look forward to coming and I feel great during the work out and afterwards. Your staff is to be commended for a job well done. I always feel good coming in and how do you all remember everyone's name!

We just love Yoga with Carol, she is so skilled and professional, Boxercise with George is so much fun! I just tried Lisa and she will be great too, can't wait. I love working out with Lauriel, love her stories and her rhythm, and Leanne is great to follow she is so into her class, she was the only one that I actually followed on step. The others are a little too fast, but my goal will be to get good at Jane's step class. She makes it look like so much fun. And not to mention, Derek, I just love his workout! I thought going back to work would be hard to work out, but it is working very nicely. Can't wait to get to the gym each day. People at work have really noticed a big difference in me. Getting lots of nice comments. It does feel good. I've lost 30 lbs since May. I have way more energy, strength and I feel so much better. I'm actually getting muscles back that I haven't had in 20 years. Can't wait for my three month assessment to see the changes on paper.

I'm just thrilled with the new Phoenix, love the location, however, I've been spending more money going to the Meadowlands so often. It's just so practical and works into my routines so well. I have been talking you up to a lot of people!! Thanks again for making such a positive difference in our lives. I never thought the gym was something I would enjoy, but I just love it!!!!!!!!!!!!!!

Sincerely,

Mrs. Robinson