

Re: Phoenix Fitness

West Hamilton

When I joined Phoenix Fitness in Feb. 2004 I was feeling physically and mentally sluggish, and disgruntled with the state of my 56 year old body. The gym was bright, clean and open and the atmosphere was relaxed and friendly. Chris O'Rourke, my trainer, keeps me coming back.

I thought that engaging a personal trainer was something of an extravagance; however, I knew nothing about using weights or the available equipment and I wanted to learn and to avoid injury. So I began 12 sessions with Chris O'Rourke. Six months later I am still training with Chris twice a week (and not for lack of success, on the contrary...) Chris has been an extraordinary teacher and motivator. He understands my needs and the strengths and limitations of my body. He listens attentively to my concerns and observes closely when I work out, giving me feedback about my form, muscle groups, equipment. He provides a wide variety of activities. And he knows just how hard to push. He is always engaging and light-hearted. I consider working with Chris both an indulgence and a good investment. I'm now more energetic, both mentally and physically, I sleep better, and I feel better about the state of my body. Chris is a professional. And Phoenix Fitness is a comfortable and positive environment,

A handwritten signature in cursive script, reading "Rosemary Squire-Graydon". The signature is written in black ink and is positioned above the typed name.

Rosemary Squire-Graydon

17 Aug., 2004