

Ryan,

I just wanted to take a few minutes to write and thank and commend one of your professional trainers - James Bethea.

Thru the expertise of James and his unlimited knowledge, even I gradually saw the difference in both my body and endurance. James taught me many things not the least of which was the art of breathing properly. And he taught me to believe in myself. I can honestly say I feel better, am happier with myself - not to mention the fact that some friends have even seen a difference in me.

Ron M

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Ryan,

I just wanted to pass on some words of praise regarding Suzie Foss. Suzie is wonderful and she has improved the quality of my life!

Wendi G

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Ryan,

I've lost 35 pounds working with Fitness Professional Tim Anderson. I've never ever felt better in my life!

Mark C

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Hey Ryan,

My experience has been wonderful and I absolutely adore Robbie Brago as my personal trainer. She has a beautiful personality and is extremely knowledgeable.

Gareth H

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Ryan,

I wanted to send some praise for trainer Jason Johnston. He is great! I recently joined Miramont and on Lindsay's (in membership) advice, I was set up with Jason to do my fitness assessment. I can't thank her enough for the recommendation! The fitness assessment led to some training sessions, which I've been

very happy with. Jason is such a nice, upbeat trainer, which is especially uplifting after a few not-so-great experiences with a couple of trainers at a previous gym. It's easy to tell that Jason loves what he's doing, and even more so apparent that he's very good at it.

Thanks so much for a quality staff.

Andrea L

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Chelsea,

Thank you for the fantastic workouts! You really push us and it feels great!

John S.

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Ryan,

I want to say that Cristie Hendrickx has been a great trainer for me! She is very kind and helpful and encourages me to do my best.

C.M.

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Ryan,

Trainer Nicole Studer knew my schedule was unpredictable and made concession with her schedule to be sure I got my workout in. What a commitment!

Shelly F.

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Ryan

Trainer Levi Goedl is friendly and offers guidance and is very well informed!

Anonymous

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Hi Ryan, I just wanted to let you know how great of a trainer Levi has been for me.

I started training with him in the fall and then just recently did 12 sessions with him the past 4 weeks.

He always and still does make sure I use good form, even when I think he's wrong, which I'm glad he does. Also, he has helped me with my diet, which has changed quite a bit from where we started in the fall and I think is a huge part of my past 4 weeks success.

With his help, in 4 weeks, I gained over 6 lbs of muscle,  $\frac{3}{4}$  in on my arms and 1.5 inches on my chest! He also has always helped put in a few minutes of his time when I want to do measurements.

I plan to continue working out with Levi and continue my improvement.

Thank you

Mike M.

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Ryan,

On the morning of April 9<sup>th</sup> I observed a senior citizen experiencing difficulty on one of the elliptical machines. I looked for a light blue shirt, knowing how thoroughly your staff is trained when emergencies occur, plus how responsible I know them to be, and Jason was the first one I spotted. Jason took right over and handled the situation with thoroughness and in such a way as to insure confidentiality such that I still do not know the cause of the problem. Throughout, he maintained the dignity of the individual and gave the incident his full attention.

Marliyn C.

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