



I have been training with Cat for the last few months in order to try and lose some weight before my wedding in November.

Cat has helped me get fitter through running, swimming and boxing (things which i never thought I could do). I have not only lost 3 inches from my waist and now am able to keep up with my fiancee and his snowboarding fitness, but I am also far more confident.

Cat has great encouragement without making you feel unfit or unable to do what she is asking.

I would recommend Cat to anyone who feels less confident in their own fitness and needs that little bit of extra help.

Amy Berry

Perth