



Cat - just a short word to say thanks for the results Im now getting after just 3 sessions with you.

For a late 40s lazy male, Im now energised, fitter, and have more enthusiasm to get my saggy bits to the gym.

Our sessions are fun(!!!!) and I find that putting what I learn in our session into practice during the week is certainly helping me achieve my goals.

With your help, encouragement and expertise Im getting there. . . And i dont really hate you!!!

Thank you

Bruce Henderson
Perth