



## Personal Training and Relaxation Massage

I met Cat at the gym and had a few PT sessions with her. These were very beneficial to me as I increased my fitness and defined my stomach as I wanted.

I found out Cat did massage and I now get one every fortnight (without fail). Its great just to relax and feel comfortable at my house and to get straight into my dressing gown afterwards. Cat is very professional and always does her best to make the experience the best she can. I would definately recommend Cat for massage or Personal Training sessions.

**Laura Callum**