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August 24, 2004

Murray, Chris and the entire staff at the Phoenix



I joined the club in March 2004 weighing an easy 290 lbs. I had doubts on how I was going to achieve my goals of weight lose and muscle toning. I thought that a personal trainer might help in my quest. Without going into great detail, Jay has made a big difference in motivating me and coaching me on proper muscle training techniques. All of this has certainly put my goals into an achievable perspective. I am now weighing in at 257 lbs and have dropped 2 inches around my mid section.

Each time I walk into the club I am greeted with smiles from the girls at the front desk. I am happy to say that I'm on track and my goals will soon be reality!

Your staff has truly made a prolific impact on me.

Thanks