

PERSONAL REFERENCE:

May 30, 2002

I write in reference to Pheonix Fitness, located in Ancaster, Ontario, Canada. I have been training at Pheonix Fitness for over 2 years now, having previously trained at numerous locations within in the Ontario area for over 10 years. I have found Pheonix the most enjoyable and rewarding training experience for various reasons;

- ❖ **The Staff:** The staff is consistently friendly and courteous that adds to a pleasant atmosphere to train in. Moreover, they are knowledgeable and always ready to accommodate any request to help you achieve your fitness goals.
- ❖ **The Facilities:** The facilities are first class. The building itself is relatively new and all areas are maintained immaculately with excellent change room areas and amenities. The gym floor areas are spaced out well and the gym equipment itself is current and of the highest quality. Importantly, there is more than enough equipment to allow you a wait free training session.
- ❖ **Personal Training:** The personal training I have received at Pheonix is the best of any location I have ever trained at. In particular, Murray (co -owner) provided a level of knowledge, attention and encouragement far superior to any personal training I had done previously. My training program was not only challenging and motivating but enjoyable as well.
- ❖ **Results:** Based on factors mentioned above, I have attained the best fitness results of my training life since working out at Pheonix Fitness.

I would not hesitate in recommending Pheonix Fitness to anybody wanting to get the best results for their investment in themselves. This goes for anybody just starting out or people already involved that want better results in a great environment.

Sincerely

Lorelei Charles