

## Testimonials

I used to be the type of person who felt I didn't need to join a gym because I had a treadmill, free weights, and workout DVDs at home. I was happy with the mindset of "why pay for a gym membership when I can workout at home whenever I wanted?". Not only did I not need to join a gym, I certainly did not need the services of a Personal Trainer.

My happy mindset of working out at home had a serious flaw: I was not motivated and did not lose any weight. My son, who is a member of Quick Fitness, talked me into having a chat with the owner. I chatted with him about my goals and he introduced me to the Assistant Manager and one of the Personal Trainers at the gym. That was May 6, 2014 and I have never looked back! Not only has he educated me with regards to muscle groups and strength training, his advice regarding my diet has been invaluable.

I see my trainer for two 30 minute sessions every week. On the days I am not with him, he emails and/or texts me my workouts. I have never been able to do "man" push-ups as I've always done push-ups on my knees. I am now able to do 10 "man" push-ups ; no easy feat for somebody who had zero upper body strength.

I have never written testimonials for anything in the past, but feel so over-joyed about what I have managed to achieve with Quick Fitness that I felt I had to write one.

- Shelley

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I decided to start using a personal trainer for several reasons. Since I turned 50, I have gained approximately 25 pounds and I have always been very inflexible. Also, I need to continue teaching until I am 65-67 years old because I began working as a certified teacher when I was 44. I have been very aware of the necessity of exercising for a long time and I have tried everything at home and the treadmills at another fitness facility. However, it became increasingly clear to me that I had neither the willpower to exercise consistently nor, crucially for me, the knowledge of the kinds of exercises I should be doing to gain and maintain an appropriate level of overall fitness.

The main service I have been using at Quick Fitness is personal training. I am reassured by my trainer's awareness of my health issues including vertigo and extreme stiffness in my left arm caused by rotator cuff tendinitis. He is careful not to assign exercises that will trigger my dizziness while slowly increasing the flexibility and strength in my arms and upper body. Also, I am pleased with the range of exercises and accommodations he makes as I improve or to compensate for my age and lack of strength.

I am very satisfied with my overall and continuing experience at Quick Fitness. I like that the gym is easily accessible and always clean. The staff are professional, supportive and friendly; they smile and greet me by name, which sets the tone that this is a welcoming place for

people of all shapes, ages, and levels of fitness. I have noticed, over time, that not only do I walk less stiffly and my clothes fit better, but, more importantly for me, I am calmer, more energetic, and more able to deal with the stresses of my life.

- Marie

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I came into the gym with poor health from terrible eating habits and little physical activity. After two months at Quick Fitness, I have seen significant improvements towards my health and well-being. The trainers here are great as they help you achieve results and encourage you to do even better. Also, Sharp Shapes Health, an independent, full service physiotherapy clinic located within the gym, helped me correct my posture and lower back issues. I would recommend both businesses to EVERYBODY!

- Stefan

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Quick Fitness is my happy place. It is my happy place because of the fantastic staff, the friendly members, and the training options that are available. I have been a member with other gym franchises for a total of 7 years and have never seen the results that I see from Quick Fitness in just 6 months.

Six months ago, I was trying to find a healthy outlet for the negativity and stress in my personal life. I came across a Group-On for Quick Fitness's Boxercise and Bootcamp classes. What makes Quick Fitness special is the staff

and their friendly demeanor. Their positive attitude is contagious. They are truly passionate about helping members. Quick Fitness is a gym that strives on customer satisfaction and motivating their members to reach their goals.

Working out at Quick Fitness has encouraged me to make my health more of a priority. I am making better lifestyle choices and have started training with a Quick Fitness trainer. Not only does my trainer push me, but he knows how to motivate me and push me to work harder. As a teacher, I have even started to promote the positive, healthy lifestyle to my students in my classroom.

-Tanya

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I have been with my personal trainer for approx. 5 years now. I would recommend his services without question. He is knowledgeable, and very capable to adjust your workouts to work with your fitness levels and overall condition. Above all, he is very personable – especially if you are a Juventus Fan..Which I am not! Good Guy.

- Gary

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Thank you Quick Fitness for helping me reach my goals through personal training and Bootcamp Classes. I reduced my body fat percentage and my waist by 2 1/2 inches. The Trainers are awesome.

- Sasha

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*My waist went from 37 1/2 inches to 32 1/2 inches*

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I came into this gym not knowing how to reach my goals. The owner sat down with me and set up a meal plan and provided me with a full body assessment. From this info, they put me into a 1 on 1 training program. At this point, I have lost approximately 25 pounds in only 3 months and my Cardiovascular levels are Elite !! Quick Fitness is amazing.

- Phil

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I have tried all other gyms in the area with no success. Quick Fitness quickly got me to my goals. Amazing customer service.

- Karandeep

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I wanted to change my body, but I didn't know how to do it. Thanks to the guys at Quick Fitness, I have lost 22 Lbs so far without starving myself !! I learned how to eat healthier and more often. Thanks guys for all your help. Their knowledge of supplements and nutrition is fantastic.

- Harshall