



Dear Julie and Kimball,

March 11, 2009

I want to thank both of you for choosing our community to establish your business. You both demonstrate your faith every day and you are great examples of the meaning of Community Spirit. You and your Gym have set new health and wellness standards for our area. I have witnessed the wonderful and positive results of many of your members, especially those who have participated in the "Fit Challenge".

One of the best things about your Gym is the various classes, and the great instructors that teach the classes. I usually participate in the Kick Boxing with Amy, Yoga with Faith and Laurie, and sometimes Boot Camp with Julie.

I also make all of Jennifer Kucera's Pilates classes when I'm in town. She is an awesome instructor who really motivates the class both verbally and by flawlessly demonstrating each exercise. Jennifer's class has done great things for me. I have been plagued with lower back pain since childhood. I have taken all kinds of pain medication, been to countless physical therapy sessions. But none of those short term remedies have had the lasting results that Jennifer's Pilates class has had. After taking her class for about two months, I began to realize that I rarely had any problems with my back. And now after being a regular for almost three years, I can tell when I miss her class for more than a couple of week. For the last year my business has required me to be out of town quite a bit, and I can tell the difference. When I miss more than three or four classes, the back issue reoccurs. Even though I exercise while I'm out of town, there are no Jennifer classes for me to maintain my core strength. I have recommended Jennifer's classes to many of my friends, especially those with similar problems, and will continue to do so.

I applaud you both for your dedication to making life healthier and more enjoyable for those of us who make it to "The Gym".

Best regards,

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