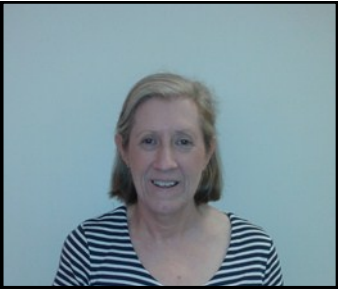


Testimonials



Erica Parker

"After a stroke in March 2010, daily exercise has been an important part of my life. I was advised to attend Strength For Life with Casa Leisure at The Hub, to get some extra help with building on my physical fitness and stamina. I haven't looked back. I enjoy meeting up with the friendly people in the group. The instructors have been understanding, helpful and encouraging. My doctor has been very happy with my progress."



Gerard De Sain

"My name is Gerry De Sain. Since joining 'Strength for Life' my fitness has improved. I look forward to my classes twice a week. The fitness teacher Bec is very competent at helping all the different aspects of our individual needs, the friendly group of people in the class helps make all the exercises more enjoyable. I would recommend to anyone in their middle ages or older to come to these classes you will be pleased and surprised how much it improves your health."

Dr Jenny Burley

"I have been going to the gym for years but it wasn't until I joined the Strength for Life program that I learned how to exercise correctly and maximise my fitness. Having an instructor who supervises you at every session is like having your own personal trainer and that's great. For those of us who are older and need to be careful to avoid injury, this is a great way to strengthen bones and muscles and stay fit."
