

Testimonials

"It's close, more personal, month by month. They allow you suspension time if you're away for work...Much more personal than the bigger chain, relatively quiet you don't have to wait...They even phone you up to see if everything is going OK. "

Ken (Engineer and Member)

"I find it very caring and helpful environment. A good mix of old and young, I'm very comfortable there. It's a feel at home place."

"I have a shoulder that isn't really good. Elli is very helpful with exercises that take this into account. I go to a chiropractor and she works in with the Chiropractor to do my exercises."

Shauneen - Member

"Eli and Michael are very friendly and positive people and they help you without hesitation...When I came back with a bad back Eli was very good, I had the rehabilitation from my physio and she was great. I've had lots of confidence (in Elli and her Team)."

"I've been really happy and keen to be involved the gym...I feel like they're quite experienced. I feel like they really know what they're doing."

Anna of Bardon (Member)