



Bruce

Physical fitness has always been a part of my personal agenda. My main reason to do regular higher intensity type workouts is to help me reduce stress from a demanding career and to minimize the chance of injury from sports that put a lot of demand on your body. I enjoy the variety of routines Kim introduces every week as well as the level of intensity. And her “it’s your journey” philosophy allows me to reach my maximum potential every time. But what I really enjoy are group sessions that bring fun and laughter to the day along with the encouragement to do the best you can. No judgements here... just do the best you can and bring your “A” game!! Kim has managed to bring folks from all walks of life together to participate in and enjoy, what otherwise could be boring and not much fun. She’s committed so you will be too!

