

## **Testimonials:**

### **Rated 10 out of 10 by F.C.**

*What do you like about our services?*

I trained with Deana for over a year. I loved how positive, upbeat, and strong she was. I learned so much and I've never been healthier! Due to a new work schedule I'm able to take the Bootcamp classes on Tuesday and Thursday nights.

### **Rated 10 out of 10 by D.S.**

*What do you like about our services?*

I like the schedule, it allows me the option of getting in a good workout.

### **Rated 10 out of 10 by D.P.**

*What do you like about our services?*

Love the great trainers and the fun classes. The people of 0600 are the best and the atmosphere is welcoming. The classes are unreal challenging and push your limits and give you the results you are looking for. Love 0600!

### **Rated 10 out of 10 by B.F**

*What do you like about our services?*

the workout is always different

### **Rated 10 out of 10 by L.C.**

*What do you like about our services?*

Trainers are so enthusiastic and supportive. Training focuses on functional strength and meeting goals.

### **Rated 10 out of 10 by S.S.**

*What do you like about our services?*

The effectiveness of the workout.

### **Rated 9 out of 10 by W.S.**

*What do you like about our services?*

Small class size which allows for more individual attention. Excellent instructors with varied workouts.

### **Rated 9 out of 10 by K.C.**

*What do you like about our services?*

A class at your facility offers a great workout with a fun, energetic, and encouraging approach from your instructors. I would highly recommend it to others

**Rated 10 out of 10 by F.D.L.T.**

*What do you like about our services?*

My trainer Tara who is very accommodating to my busy schedule and although I work out at a gym she targets areas that I want to improve

**Rated 10 out of 10 by D.S.**

*What do you like about our services?*

Friendly environment , staff give me the drive to push just a little more.

**Rated 9 out of 10 by L.W.**

*What do you like about our services?*

Early morning classes offered. A variety of types of classes such as boot camp, wood, and yoga. The support of trainers and other members when preparing for and participating in events. It includes not just workouts but nutritional support and challenges. Also. The level of fitness achieved.

**Rated 9 out of 10 by M.C.**

*What do you like about our services?*

I'm happy now that you have provided more options to your clients.

**Rated 10 out of 10 by S.L.**

*What do you like about our services?*

I think all the instructors I have had so far are terrific; I like the variety of the classes and the different types of exercises/equipment. For me, this is very different from what I had been doing. Although I have not been able to attend as much as I would like (work has been ridiculous the last few months), I am very glad I joined 0600...and I have recommended 0600 to friends!

**Rated 10 out of 10 by B.R.**

*What do you like about our services?*

The workouts. Always changing and always fun.

**Rated 10 out of 10 by E.D.**

*What do you like about our services?*

Time, convenience, and the great variety of workouts.

**Rated 10 out of 10 by S.T.**

*What do you like about our services?*

In two words: it works.

**Rated 10 out of 10 by S.M.**

*What do you like about our services?*

I have only been to one type of class but absolutely love it. I couldn't think of anything but positive things to say about it. I love that your class covers body parts that no other classes I take during the week cover. It's fun, different and the time flies by.

**Rated 10 out of 10 by C.W.**

*What do you like about our services?*

love trainers and the results from classes. I like the variation and flexibility added to the schedule. The people (trainers and members) make it feel like home and very comfortable to workout at 0600. Love the WOD too

**Rated 10 out of 10 by K.L.**

*What do you like about our services?*

I love Deana!!!!

**Rated 9 out of 10 by R.K.**

*What do you like about our services?*

close to home, great gym, knowledgeable staff

**Rated 9 out of 10 by J.D.**

*What do you like about our services?*

Good variety of program offerings which are relevant for clients with varying levels of fitness. I think the emphasis on having a goal is critical. It could be to lose 10 lbs, it could be to do 10 pullups, it could be to run a half-marathon. Doesn't matter what it is, but you have to have a goal! I learned that from one of your trainers, Tara.

**Rated 10 out of 10 by R.S.**

*What do you like about our services?*

The trainer, Tara, is very enthusiastic and encouraging.

**Rated 10 out of 10 by E.B.**

*What do you like about our services?*

What I like most about 0600 is the flexible schedule, Jeff and the other trainer's amazing motivation and push, peers with similar goals, convenient location, nutrition recommendations and overall wellness support.

**Rated 9 out of 10 by M.W.**

*What do you like about our services?*

I like the variety of the work-outs, the early morning hours, The evening yoga class, and Jeff's encouragement.

**Rated 10 out of 10 by M.K.**

*What do you like about our services?*

I like the convenience and the workouts are great.

**Rated 9 out of 10 by C.C.**

*What do you like about our services?*

0600 workouts push you harder than other bootcamps do in my experience and function more on functional strength than just building bulk.

**Rated 10 out of 10 by E.T.**

*What do you like about our services?*

The workouts are challenging and varied. Keeps your muscles guessing!!!

**Rated 9 out of 10 by L.D.**

*What do you like about our services?*

I like the atmosphere and Tara the Group Fitness instructor has been wonderful.

**Rated 9 out of 10 by M.C.**

*What do you like about our services?*

Varied classes that always leave you knowing you worked hard!

**Rated 10 out of 10 by C.D.**

*What do you like about our services?*

small group training and nice environment as well as friendly

personable trainers

**Rated 10 out of 10 by L.E.**

*What do you like about our services?*

I love the variety of the workouts. The trainers are really good and friendly. It is always fun to go workout. Never a boring moment.

**Rated 10 out of 10 by K.D.**

*What do you like about our services?*

The size of the classes which still gives you a chance to have the instructor correct you if you are doing something wrong

**Rated 10 out of 10 by J.B.**

*What do you like about our services?*

great workout, great trainers, very motivating and community driven

**Rated 10 out of 10 by M.B.**

*What do you like about our services?*

Variety of options allows all to fit it in

**Rated 10 out of 10 by S.Z.**

*What do you like about our services?*

There is variety and flexibility. Plus, you are always looking for ways to add interesting challenges.

**Rated 10 out of 10 by M.I.**

*What do you like about our services?*

This form of exercise has changed me. I feel healthy and strong...something I wasn't three years ago. Being in my late 50's when I came to 0600 was scary. But I've survived, and look and feel soooo much better. Get down and give me 10 more! Thank you all.

**Rated 10 out of 10 by B.L.**

*What do you like about our services?*

I like that the workouts are always challenging and the class times.

**Rated 10 out of 10 by K.B.**

*What do you like about our services?*

Every workout is different. The instructors at 0600 make sure that you are challenged each time you go as well as that you are doing the

workouts the correct way so you don't hurt yourself. I have quit my gym to spend more time at 0600...I have been seeing amazing results!!!

**Rated 10 out of 10 by R.C.**

*What do you like about our services?*

The workouts are intense & the people are fabulous.

**Rated 10 out of 10 by T.D.**

*What do you like about our services?*

The clear commitment that the 0600 has to their clients; the dedication of each and every trainer I've worked with; the fact that you always listen to your clients and ask for feedback and make clearly informed decisions; the fact that I feel better about myself than I ever have in my life since I started going to the 0600.

**Rated 10 out of 10 by D.F.**

*What do you like about our services?*

I like the variety of the workouts

**Rated 10 out of 10 by D.D.**

*What do you like about our services?*

The variety and effectiveness of the workouts.