

Anita Horsley: Survey May 2008 Boot Camp and/or Personal Training

Name: Bew Mayhew

Date: 5/5/08

Boot Camp: YES/NO

Personal Training: YES/NO

I am willing for my answers to be published on Anita's website with my name: YES/NO

I am willing for my answers to be published on Anita's website anonymously: YES/NO

5 things that I like about Anita's Boot Camp class and/or her style

1. It's varied, therefore interesting. Stays fresh.
2. It's challenging; each of us can work at our own level -
3. and there's always room to go up in intensity.
4. Anita is encouraging and positive
5. I feel that the classes are put together with purpose, they are intelligently designed with a specific outcome in mind.

5 things I like about Anita's style of Personal Training

1. I would describe Anita's style as "positively pushy." She
2. knows when she can get more out of me, but when
3. it's not there, I don't feel negative about myself
4. and my limits.
5. Anita is also friendly and approachable. She's not intimidating in the least.

Personal results I have seen based on taking Anita's boot camp class and/or personal training sessions:

Enhanced fitness level
Improved strength (due to Anita's encouragement
to integrate free weights) into my
workout.)

Things I would like to see more of:

I just want the workouts to continue to be challenging -
I'm always trying to improve my fitness level!

Other Comments:

It's so easy to get into a workout rut - doing the
same things over and over. Anita has really brought
a fresh approach to workouts - new ideas, new challenges.
Her own commitment to fitness is apparent and it
rubs off on us mere mortals!