

*“I have been a member of a gym for the past 2-3 years and have always had difficulty trying to motivate myself and get into a good exercise routine. I first heard of FitSistas in July 2007 and was immediately interested and excited, so I paid Amanda a visit to find out more. After my first Powapole class with Amanda I knew I’d found an excellent fitness instructor, program and incentive.*

*Amanda has taught me a lot about my body, health, fitness and general well-being through various techniques in class and via the email correspondence she distributes. I have experienced vast improvements in my strength, stamina, muscle tone and more importantly enjoyment of the once dreaded ‘work out’.*

*I am now confident that I can commit to a regular exercise schedule and always look forward to attending classes at FitSistas, there is no doubt that this has helped me out with training tremendously.*

*Laura Barber.*

*“After having had a gym membership for 2 years, I decided to attend 2 Terms of Powapole Pulse classes before my wedding in August. I felt great, so fit and toned and got so many comments at my wedding – and it was all due to Powapole...I told everyone!!*

*I stripped fat and toned up and couldn’t believe the difference Powapole made in my strength, fitness and body tone – and neither could my husband!! Very happy with the results and looking forward to starting again next year.*

*Kristen Perkins*

*“I have attended fit sistas from the day it open, I wanted to try something new, exciting and ultimately give me a good work out. Since I joined I have lost 9 kgs and have seen my body become more toned then it has ever been, this is thanks to the wonderful staff they have (they are always willing to help no matter what the question/problem is). I would recommend FIT SISTAS to anyone who wants to try fitness with a twist!!!!!!”*

*Belinda Reed*

*Thank you for creating a place where it is inspirational to exercise, I hate gyms but I love the un-sleazy way you portray pole as a valid exercise form. No one has ever been able to get me to exercise regularly - so good work!*

*Petra Elliot*