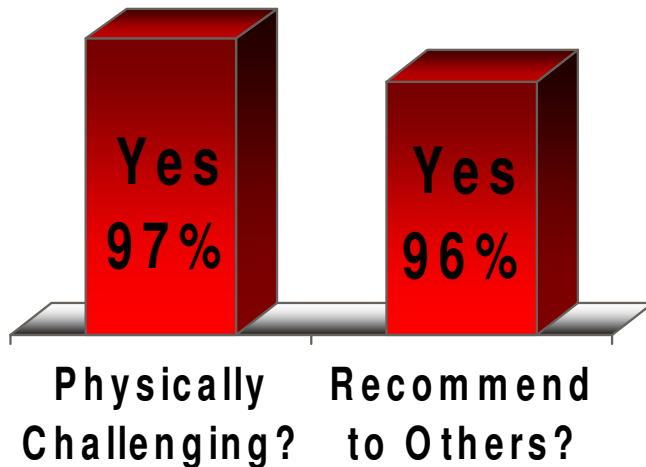


Successfully Tried and Tested



Feedback from over 350 clients



Who's using The Fit Zone™

- *David Lloyd Leisure*
- *DW Sports Fitness*
 - *Nuffield Health*
 - *Bannatynes*
- *Other private operators*

Feedback from soft launch (IFS Blackpool 2010)

Did you enjoy the steady state programme?	4.4
Did you enjoy the short agility drills?	4.6
Was it physically challenging?	4.3
Would you attend if on weekly timetable?	4.6
Recommend equipment and programme to others?	4.6
Interested in a trial at your club?	4.3
Interested in REPS endorsed instructor training?	4.1

(Scale: 1 = not at all 5 = very much so)