

Kelly,

I want to tell you something that I've been meaning to tell you before now.

You are an amazing inspiration and give me and so many others the ability to dig deep inside and find our strengths. Not just physically but mentally and emotionally, you provide people the tools of empowerment. I'm proud to know you and most proud to help you build your business any way I can. You deserve to be successful because you give from the heart.

I just wanted to thank you for being you.

Karen 01/08/2007

Hi Kelly: The other day my husband and I went out to lunch and starting talking about my exercise classes. He was curious as to why this was the first program that I truly kept up with. He has seen in the past that I would join a gym and never really commit to the program. The answer I told him was simple. I am never bored with Kelly's classes. They are always challenging, fun, and she keeps them fresh and exciting. Even though I am not at the size and weight I would love to be, I always feel good about myself after I do one of your classes. Thanks Kelly. Gerri
1/10/2006

Kelly,

I just wanted you to know that you have the best workout around. I would never dream of quitting the best thing that's happened to me in a long time. I feel great!! You make each day new and exciting--it is never the same, therefore, never boring. You are such a pleasure. You are fun, friendly, warm and extremely encouraging to all in your class.

Thank you for giving me the desire to continue with my goal of getting in the best physical shape that I can!

Linda

I truly enjoy all of your classes, especially the variety. All of the knowledge I have gained during the Boot Camp classes has been great, although I'm still digesting it all. I've always enjoyed working out but felt that pieces were missing. You have enabled me to look at fitness in a whole new light. I agree with your statement last class concerning the importance of weight training as we age. My father fractured his upper humerus and needed a partial shoulder replacement. Fortunately he's doing fairly well, but he was told

that he may not regain full use of his arm/shoulder (if he had only listened to his daughter who tried to tell him to work out and lift!) Thanks again.

Ana Maria

Hey, Kelly!!!! No quitters here!!!! I'll see you tomorrow.....the classes over the last 1&1/2 years has changed my body more than I can say and I have changed some eating thanks to your help but the exercise is it for me and I'll NEVER quit so hopefully you will always be teaching as you are.....THANKS!!!!!! Gratefully, Rosa
1/10/2006

Kelly,

Just wanted to thank you for all the great guidance, education with the food camp. It was very helpful in helping me think differently about incorporating healthy changes into my diet. I feel really good and it has made positive changes in my family too! Great job!

Thanks again,

Beth

3/27/2006

Hi Kelly,

I just wanted to let you know that I really enjoy your classes. You do such a great job. You keep it fun and tough. I've been coming for two months now and I feel and see the difference. The people are so friendly too. Everyone seems to motivate each other.

Rose

Kelly,

I really enjoyed the workout. I go to a gym now about 3,4,or 5 times a week. I couldn't believe how much my butt hurt after just 1 of your classes. I thought I was in pretty good shape. It made me think that I really need to change the daily grind that I've been doing so I am looking forward to your workouts.

See you soon and I hope you enjoy the July 4th holiday.

Donna

Keep up your awesome work ... you are really changing women's lives with your program. I can tell you are doing this with your heart and soul and its quite inspiring :0)

Enjoy the rest of your summer,
Laurie 8/8/06

Good Morning, Kelly – thanks for the articles – they are always helpful – and, yes, you do a great job searching “far and wide” to make each and every class fun. Will miss today as my boss is out and I needed to fill in for her. But I will be there Wed and Thursday and possibly bring a friend to try out your pilates. Always look forward to working out with you and the rest of the wonderful people. Thanks again for your enthusiasm and helping us all become stronger. Bernadette