

Here's What Students Are Saying About Piloxing

Things I love about this class:

I enjoy being able to work at MY own pace and knowing there are many levels.—L. 34

The weighted gloves really tone my arms and make me feel like a pro —D. Age 35

Great way to release stress after work!—C. Age 24 It's lots of fun! —A. Age 48

All fitness levels can participate.—D. Age 59 Routines are easy to follow!—N. Age 42

Nice, right after work, saves time and I don't have to deal with people at a gym—M. Age 51

Getting my exercise done easily and having a great time!—S. 32

Great location, awesome group of people and I like our instructor.—R. 28

Benefits I have noticed from taking our Piloxing class are:

I am much more flexible.— Age 36 I am stronger and more toned.—T. Age 60

My balance and flexibility have improved.—P. Age 53 It makes me happy!—M. Age 24

Increased stamina. More toned. It is easier now and more enjoyable.—J. Age 58

I feel better physically and emotionally—It's a GREAT stress reliever!—H. Age 45

I recommend this class to my friends because:

There are terrific ladies in class. Lots of good music.—J. Age 58

It's a great motivator to move and a great group of people.— Age 36

Your balance, flexibility, and strength will improve.—P. Age 53

It's fun, the instructor is great & you can go at your own pace.—T. Age 60

I always feel better when I leave than when I arrived. —J. Age 58

We have a really good time while we are getting in shape. I love it!—E. Age 37

How long have you been taking the class and why do you come back?

3 yrs. Piloxing is awesome! Our class is amazing. Teacher is fantastic!—S. Age 40

1 1/2 years. I need exercise and I love the people. It's a great class!— Age 36

3 yrs. I like Rachel's teaching style. I like being committed.—J. Age 58

3 yrs. I like the routine.—P. Age 53 2 yrs. It makes me stronger and happier!—O. Age 27

3 yrs. I like working out with others. This class helps me think more about what is healthy for me.—T 60 yrs.

Piloxing meets Mondays at 5:15. Join us! Register with Rachel at rczys1@yahoo.com