



“ I have been attending KT FIT training sessions for 18 months. It was the best decision I have ever made. Starting in July 2014 I had a goal of losing 10kg. I trained 3 times a week with KT FIT group sessions, used the meal plan/ ideas that Kirst had provided me and completed at home exercises which assisted me in achieving my goal 6 months later. The sessions have a lot of variety and never boring, they are perfect for any ability as Kirst adapts the sessions to your own personal injuries, strengths and weaknesses. Even through injury Kirst has been able to ensure that there is always something for me to do. I love working out in a group setting, everyone is so encouraging and we have a lot of fun whilst getting sweaty!

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Jess Gatehouse