



“ I have been training with KTFIT Outdoor Training since the beginning of 2016 (so 8 months). I love my group sessions, the guys and girls are friendly and welcoming and we all work to our own pace. Training is outside rain or shine but luckily it's so fun we don't mind! I am now starting Pilates and really enjoying it so far. I've lost almost 12 kilos since starting with KTFIT and feel so much fitter and healthier. My energy levels are so much higher than when I started which is great when you have children to run around after. Kirsten is so motivating and makes sure the classes are never boring. We rarely do the same things twice which keeps it interesting and fun and we laugh a lot. ”

Lisa McDermott