

***To whom it may concern.....***

I have been training with Anthony for over 3 years and if results are what you want, then Anthony is your man.

Anthony knows how to help you get the best out of yourself while pushing you further than you thought possible. He has a calm, but firm manner to push you to “just two more”.

He is exceptionally well qualified to handle a vast range of clients from all walks of life and fitness levels. He has a wonderful temperament and is a real professional.

My weekly sessions with Anthony are the highlight of the week and kick-start my ongoing fitness regime.

I highly recommend training with Anthony – you might just surprise yourself with how far you can go.

Jo Duffy  
Regional Training Manager  
Commonwealth Bank