

Brian Rankin 11/11/24

I have been attending Turramurra SFL for about 1 year and I now attend two sessions per week.

I joined SFL because I was nagged into it by my wife, after I retired I needed de-stressing for a while from work, but eventually my wife thought I need to get out and about and I thought I will give SFL a try, best thing I ever did, think I am now a gym junky as I now also do other exercises classes e.g. boxing.

I like the social aspect, never thought I would be into fitness, but it grew on me, the change of instructor has helped immensely with the overall aspect of the class. Ryan is great, he is quite young, and I love the way he has set up the program. He starts us with great warm up, all these older people doing the "Nutbush" amazing fun. He teaches new exercises and pushes us to extend ourselves, revises our program as needed and demonstrates the new exercise so that you know how to do it properly to give you maximum benefit. Everyone in the group really likes him and his style of teaching. We have a lot of fun.

My overall health and wellbeing have improved. I can now move a lot better, and I am now more interested in doing the exercises as I know they're a benefit to me and my health.

I would definitely advise people to have a go, at the very affordable SFL program, give it a chance, it's really good for you, but you really need to persevere to get the best benefit out of it.