

Client Testimonial

stephanie schmitzer



I have gained so much at EY including an increase in flexibility, strength and cardio. I have so much more energy and even small things like carrying groceries is so much easier. I've been overweight for the majority of my life and have always written myself off as 'having a bigger build or being big boned'. After the results achieved in the past six months I've realised that with healthy eating and staying active I too can have a slender body.

EY is by far the best gym I've ever been to! It is so personalised and tailored to fit your circumstances; I've never felt as welcome or as comfortable as I do at EY. It is lovely to have staff genuinely ask how you are and make the effort to talk to you and learn your name. I also think of exercise as fun—my trainer always keeps things interesting and changing.

“I now have holiday photos I can be proud of and my results have inspired me to keep going and set new challenges.”

The benefits from my training sessions have filtered through to most aspects of my life. My interest in the wholefoods/organic approach to eating has grown and it's something my partner and I now have as a bit of a hobby together—finding and cooking new recipes. My confidence and mental health have improved and I'm a much happier person in general.

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