

Client Testimonial

brayden kavic



I used to be a TV, computer and junk food addict! I never realized how much fun working out and being active could be. I am now much more confident in myself and I feel good about how I look.

I lost an unbelievable 15 kilos in 4 months! I have gained a lot more energy, I am faster in my sports and am feeling happier and healthier since learning how to safely lose weight while having fun. All the trainers at the studio have become friends to me, but when it comes to training they give me a tough work out that keeps me fit and is helping me reach my potential in sport.

“I have gained a lot more energy, I am faster in my sports and feeling happier & healthier ...”

I am so grateful for the guidance I have received from the team and know that I couldn't have achieved my goals without their help and encouragement. Thank you EY for making me a better, stronger, and healthier person not just physically but mentally too!

EXCLUSIVELY YOU
Health Studios