

GYM STAR December winner is



Member name

Anthea McFarlane

Member since

2011

“Vivacity Premier Fitness is a fantastic gym with great instructors who makes fitness fun and I enjoy going. I find the atmosphere of both management and staff very friendly and helpful, which is instantly noticeable from the moment I enter the building. The facilities are very good too - the gym has a lift as I struggle with stairs, and also a swimming pool which caters for all levels.

I take part in the Aqua aerobics classes which I find beneficial in coping with osteoarthritis in my right ankle, knee and shoulder. I'd like to give a special thanks to Steve who looks after my training needs, to Jenny who leads the Aqua aerobics classes with such passion and fun, and a wonderful Lifeguard team who ensure I enter and exit the pool safely.”

Anthea

“Anthea is such a hardworking and positive person to be around. Her weight loss has been incredible over the last 5 months or so. Regardless of her ailments, her work ethic is off the chart. She gives 100% to every exercise we do.

Not only is she a hard worker but looks after all the staff here too with birthday cakes and sweets!”

Steve Patterson, Gym Instructor & Personal Trainer

