



CLIENT TESTIMONIALS

STRENGTH WITH CLASS* STRENGTH WITH CLASS STRENGTH WITH CLASS STRENGTH WITH CLASS STRENGTH WITH CLASS

G-WERX STRENGTH TESTIMONIALS

Janelle S. – Columbia Heights “Absolutely the best! 501FIT strength training classes healed an injured shoulder and dramatically improved my overall body strength and body tone. I get the best of both worlds – individual attention towards achieving my goals while exercising in a fun, group setting. How motivating is that! Member for 2.5 yrs = Results = Healthy & Fit = Happy me!”

Stan B. - Crystal “For me 501 FIT is more than a gym, it's a way of life. 501FIT group strength classes allow me to workout smarter and make real changes in my life. I lost 40 lbs in 3 months with the 360 group class and a sensible nutrition plan designed by Phil Martens. Now, I am down few months later I am down a total of over 60 lbs! I feel great!”

Tim D. – Minneapolis “I worked out on my own for over ten years without much to show for it. Since joining 501FIT, for the first time in my life I am seeing real results from working out and I love it.”

Chuck R. – Minneapolis “501FIT gives me an edge in meeting my weight loss and strength goals. I lost 30+ pounds with the G-Werx group strength training classes. 501FIT training is fun and effective.”

Karen S. – Crystal “501FIT is like family. You have an automatic support group the minute you step into their gym. Everyone knows your name, cheers you on and makes the whole experience positive. This is not your typical gym, you feel like you belong rather than being just a faceless paying member.”

Chris B., D.C. –Minneapolis “In my case, 501FIT has solved the issues of boredom and monotony I've experienced with traditional weight training. I get a great strength and cardio workout from the G-Werx group strength classes and even 90 minute workouts go by quickly. As a Chiropractor, I recommend 501 Fit to all my patients who are looking to achieve optimal health and wellness.”

Barbara H. –Oakdale “My experience with 501FIT has been a rewarding one. I've lost 100 pounds & kept it off for over 2 years thanks to the support of superior trainers. My class workout is weekly & everyone in the club makes the class fun. 501FIT is not just another workout club; they are BEST IN CLASS!”

Mark S. – Minneapolis “501FIT is a spacious and comfortable facility with top of the line equipment. In the group classes, Phil and the other trainers put you through intense one-hour workouts. I am in a 3-day per week program. This program has helped me lose weight, gain muscle, and increase my metabolism. I feel firmer and stronger than ever! I'm 53 but look and feel closer to 33. 501FIT has enabled me to turn back time. I'm Mark Swanson and I approved this message.”

Michael F. – New York “I'm an actor in town temporarily from New York. 501FIT has top of the line equipment, a great atmosphere and a friendly staff that welcomes you every time you enter. It's a great place to start a fitness program for yourself.”

Doug D. – Minneapolis (North Star Lofts) “501 is a terrific gym with world-class instruction. It's classes have helped improve my flexibility, range of motion and overall strength. I am a 501FIT raving fan.”

Mark N. – Minneapolis “501 FIT - They have your back!! If you've ever wanted somebody to really care about your fitness goals - this is the place! It's easy to go in because the people are nice, it's not a fashion show, and it's a beautiful space full of good people! The classes are something you won't get anywhere else. See you there!”

Tom P. (CSM) – Minneapolis “I've been quite pleased with my decision this past January to join 501 FIT. The club is very clean and well equipped with a wide assortment of cardio machines, strength training equipment and free weights. The staff is friendly, professional and focused on facilitating club member's

realization of their individual fitness goals. Through their group strength training and other classes with certified trainers, 501 FIT provides a unique platform for physical training and a goal oriented approach to overall fitness. 501 FIT offers a structured approach which promotes accountability, and motivates members to achieve desired results while having fun. Check out 501 FIT, I think you will be impressed!"

Arne C. CSM – Minneapolis "I highly recommend 501 Fit. The workouts are fast, efficient and effective. The owners, Phil and Diana are great people and very knowledgeable on the topics of nutrition and fitness. Their group fitness programs are a great value and given their location right across the street from our offices it's extremely convenient. "

SKIER/ROWER TESTIMONIALS

Jack C. – St. Louis Park "I started at 501FIT 5 weeks ago and already notice an improvement in my skiing. I am honestly surprised how much better I can power my way up hills and my overall endurance seems improved. I recommend these strength training classes to all skiers.

Tom L. – Plymouth "I've been working out at 501FIT since November 2008. I truly am enjoying this program and believe it will be a significant factor in my skiing success. Phil is a great coach and motivator and I really enjoy working with him. I am excited and optimistic about my skiing this season."

Bob W. – Moundsview "I've really enjoyed participating in the strength classes two days a week for 90 minutes in the mornings at G-Werx during the last year. My double-poling and uphill V1 have improved due to increased core, upper-body and leg strength. Also, my balance is better. The workout sessions are more intense than I would have imagined. I used to dread general strength training, but the workouts are fun, and the time passes quickly."

Jack S - White Bear Lake "At the age of 11, I started to attend a strength class 3 days a week at G-Werx Group Fitness (now 501FIT) with my mom, dad and sister. I was overweight and unhappy. With the workout program I healthfully lost 30 pounds and gained a new and improved attitude towards life. Now, years later I happily compete as a high school cross-country skier, 1st on my team and ranked in the top ten in State. I highly recommend the program to anyone of any age."

'Mr. P,' Tom Peterson – Maplewood "The 2008 Birkie was my fastest time in 19 years (3:02). I started in wave 3 & felt stronger & quicker on the hills & throughout the entire race. I give the credit to training one day a week for 90 minutes at 501FIT. Next year I look forward to starting in wave 2 (it's been 10 years). Only a slight improvement from last year and I'll qualify for wave 1! I definitely recommend the training to anyone who wants to improve their time."

Tina L.– St. Paul "I've been competing in rowing and Nordic skiing on the masters level for 15-20 years. I've noticed a natural decrease in strength with aging and decided to work with 501FIT to see if I could reverse the process. It is helping!! I feel stronger, more aware of how to use my body and am stronger when I ski, run and row. The trainers here have an ability to work with a wide range of individuals - those who haven't always been active and want to lose weight and those who want to get stronger and faster in their sport. Training in the classes is fun; I always leave in a better mood and less stressed."

Judy R. (Kortelopez) - New Brighton

"Wow! After the first few weeks, I found myself looking forward to group strength classes at G-Werx/501FIT. I've lost 20lbs, am significantly stronger, more balanced, and am skiing faster than I ever have before. All this from only one day a week of training. Phil's words of encouragement ring in my head during races on the hills and flats when I want to slow down - "keep going, you CAN do it! I look forward to more great improvements!"

GUTHRIE PERFORMERS /OUT OF TOWN PERFORMERS

John Carol Lynch - I had the good fortune to discover 501FIT after I opened my play at the Guthrie. I wish I had found it sooner. It was a great, clean place to work out. So many times, I have been at new gyms in various cities and learning curve is always on the equipment, How to program it, etc. But the weight machines at 501FIT are so simple. Anyone can do the math and get a challenging workout. And along with that, they offer classes for anyone who might be needing them. Great place to workout and convenient to the Guthrie and downtown Minneapolis.