



**2451 Cumberland Parkway
Suite 3505
Atlanta GA 30339**

Tammy Freeman
Next Age Fitness
1610 Lavista Rd NE
Suite 1
Atlanta, GA 30329

Dear Ms. Freeman,

I realized about a year ago that my current fitness routine wasn't working for me and decided to make a change. About the same time I began to start to look for a place to take a vacation. Who can resist Playa de los Icebergs? I knew I didn't have the endurance to make the hike to see the Cerro Torre lagoon, so the destination I really wanted to see was out of reach.

To get something different, I knew I had to do something different and I tried a workout with you. It was fast and easy to schedule. The online scheduling system and 20 minute workouts made it possible to keep a weekly workout routine with you and the equipment tracked my results. The consistency was instrumental in shifting my fitness routine in a positive direction.

I was able to hike to Playa de los Icebergs a few weeks ago. It was a mad dash because there was only a short window in the weather. The conditioning we worked on over the six months before the trip made the hike possible and I was able to accomplish it was the highlight of the trip. Thank you for helping me accomplish my goal. It wouldn't have been possible without starting with you and Next Age Fitness.

Best regards,

Mike Smith