

E. LEMON ACCOUNTING SERVICES

Measure What Matters!

Hi All,

I have been working with Tammy and Next Age Fitness for about 9 months. I have always been a big cardio person with little to no emphasis on strength training. Once I realized strength training was important (I'm in my 50s) I started trying online workouts and would consistently end up with some injury.

I started doing the ARX training to gain enough functional strength to enjoy other workouts (I love) without getting hurt. Training once a week exceeded my expectations. I can walk longer and keep up in spin class and my yoga practice is more expansive now.

Thank you, Tammy,



Eve Lemon

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