



## APT 2022 Testimonies – 30.11.22

### **Melissa**

Andrea's classes have helped me become fitter and stronger. My stamina has improved and I have grown to love the weights, cardio and push-ups, alongside balances and stretches. My body is now working beautifully with my heart and mind. I'm becoming braver and more curious in my body. I trust my body more and more each day. Terrific!

Life changing!

### **Katarina**

I love doing BODYART which is different to other forms of exercise that I do during the week. It's good to mix it up a bit. Other BODYART instructors I have tried have not taught it in the pure form, as you do. It's not supposed to be an 'aerobics class'. It is perfectly planned and taught. I can tell a lot of time and hard work goes into it. You are doing a great job. The more you do it the more you learn about it and you feel great for it. It's good for both body and mind. I really enjoyed the face to face class at Studio 1 last week. After more than 2 years doing exercise at home in front of a screen every day it was fantastic to see and talk to REAL people.

### **Rob**

After goodness knows how many years with Andrea I feel I have not only as trainer but a good friend. (14 years - current client)

### **Jacqui**

The one hour BODYART (live, online) gives me motivation to move and stretch my body - and I enjoy doing the repeats with the recordings. The program is adaptable if I'm not feeling up to doing everything - no judgement - and builds through the term, which is great for learning the routine. Thanks Andrea!

### **Irene**

I really appreciate the convenience of the APT classes online, I get my exercising done early in the day which frees me up for other things, and having the recordings means I can do extra classes at times that suit me. They are very good value for money but the most important thing is that they are safe and they are a real work-out but in a gentle, beautiful and graceful way. I am the fittest I have probably been for many years, and very strong. Andrea is an absolute professional and knows what she is doing - I love the way she gently explains how to do things as we go along so that we get the most out of each movement and in a safe way.

### **Helen**

Great classes. Convenient for my busy lifestyle. Andrea is fabulous!

## **Liz J**

Having at least 2 APT sessions a week, I have an invaluable reminder that I need to keep moving to maintain the stability and agility I still want for my lifestyle.

## **Katherine**

Love love love ❤️ this terms BODYART program, feel totally amazing and at one with myself after each class. Thank you Andrea for bringing BODYART into my life X

## **Kirsten**

I started Mindful Monday and Mobility Matters online classes after surgery and chemotherapy left me physically debilitated and fatigued. Doing online classes was achievable even on difficult days through my recovery. The focus on strength, stability, and gently moving through the whole body has helped me reconnect with myself physically and gain more flexibility and balance in a safe, supportive environment.

## **Liz F**

BODYART helps me to maintain my strength, flexibility, posture and mental energy. I have noticed that now I attend regularly, I have had less injury doing my other sports and exercise programs. The midweek class at Studio 1 is a great way to reset mentally and term commitment ensures that I attend. I appreciate Andrea's consistent, professional and varied classes. I could rave on and on about how much I love BODYART, but instead suggest you give it a try!

## **Melinda**

I love my Wednesday night BODYART classes with Andrea. We are a small friendly and very supportive group. Andrea is a very calm, supportive and always happy person and her gentle encouragement has me doing exercises I never thought possible. I especially love the way she offers a few options for the same exercise so you can choose the one that's right for your body. She never pushes you, but encourages you. My flexibility is still poor but has improved. Things I used to find impossible or hard to do in my everyday life I now can - all thanks to BODYART and Andrea.

## **Margie**

Who knew that BODYART could have you sweating without leaving your mat!  
Great adrenaline rush!

## **Amanda**

I like the variety of participation methods offered and the way Andrea is always looking to improve APT in line with her clients' needs and preferences.

## **Kate**

It's been a pretty intense 12 months for me in every way. Having regular sessions with Andrea has provided structure and focus to my week and kept the black dog at bay. Plus, I stay pretty fit and well for my age. I don't know what I'd do without this fabulous mentor and friend in my life and I love it that she attracts some wonderful people who I get to hang out with too. Bless you and thank you for your skill, patience and love dearest Andrea. We are all so lucky to know you and have you in our lives.

## **Sharon**

I look forward to and enjoy all my APT sessions. I always feel great afterwards both physically and mentally. Andrea is amazing at what she does. She creates programs that are fun and challenging, but very achievable with her continued support and guidance.

## **Lesley**

I am enjoying my experience with APT under your wonderful instruction Andrea. I feel stronger and more balanced. Thank you so much.

## **Monica**

Lockdown gave me the opportunity to connect with Andrea and Mobility Matters. I found my balance and body strength improved and as I age I realise how important it is to keep all parts of your body moving. Andrea uses the KISS method (Keep it Simple Sweetheart) and gives various options to increase the level of the exercises according to ability. I enjoy the classes and the chats before the class and the hour goes so quickly. Great initiative Andrea. You believe so much in this venture and it is infectious.

## **Jane D**

As someone who has hardly done any exercise in my lifetime, and who is now losing strength and mobility as I approach my mid-fifties, I have been blessed to come across you Andrea as you are helping me to feel better and stronger. I am so lucky to have your wisdom and expertise to help me. I was very late in starting to care about fitness, but I know I am on a really good path now. I am not at all sporty or care about any of that - so I am just lucky that your teaching of BODYART offers wonderful strength and mobility delivered in a manner that is intellectually and spiritually engaging. Thank you so much Andrea.

## **JACQUELINE**

Always enjoyed my APT Classes and benefited by the difference it made mentally and physically.

## **JANE H**

I have just started BODYART this term and I am already enjoying the health benefits, both physically and mentally. Thank you Andrea for being so inclusive and friendly as well as very informative and instructional.

## **JENNIFER**

APT BODYART is a very good fusion of pilates and yoga. I value it as it is at the right level for me and the class is at the same general life stage - which is supportive and non-competitive.

## **Janet**

APT has provided me with the skills to keep moving even when I don't want to move. Andrea has patience, kindness and a steel backbone which allows her to gently encourage and give you a kick along when you need it. I think the real reason I keep on going is because APT is driven by love. Andrea loves what she does, she loves her clients and she loves knowing that she makes a difference. Thank you Andrea

## **Judy**

BODYART feels so good for my body, and Andrea's thoughtful planning of term programs means classes always have variety and the right amount of challenge. Her ability to clearly convey how to perform both simple and complicated exercises makes BODYART easily accessible. Her detailed understanding of how the body moves is evident in both group and private sessions.

## **EVAN**

Andrea is such an inspirational teacher. I have been doing group BODYART classes with Andrea for about 5 years. No matter what age or level of fitness, Andrea adapts the exercises with different options. She explains how to do an exercise safely and successfully. Even for people who may think they are aerobically quite fit, Andrea's BODYART classes are wonderful for teaching flexibility and movement in the different muscle groups of our bodies. I always end Andrea's classes feeling rejuvenated as well as knowing I have had a good work out. The live BODYART classes are fantastic but Andrea also teaches BODYART online, and she teaches these classes so well. She communicates clearly and enthusiastically. I especially recommend these classes to men of all ages and levels of fitness.

## **June**

My 3 words to describe APT:

Genuine - care - support

## **Joanna**

I enjoy BODYART, I love the way it's a mix of stretching, strengthening, co-ordination and even dancing.

## **Nadene**

I really appreciate the warmth and care from Andrea and her supportive teaching style. I always enjoy the classes whether face to face or online, and use the videos when I can.

## **ANON**

I am thinking more about my toes 😊, my general health and I have you to thank for that. All I know is that is that you do make a difference in this world, you are a passionate, spiritual and a very kind person and that the green shoots will grow. . .

## **ANON**

I have been with APT for 14 years - it has allowed me to learn, live well and feel good in my body x



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