



## APT 2023 Testimonies – Nov/Dec

APT clients find their own preferred way to keep on moving well to BE well to fit their life – hence some do just face to face (classes &/or private) some choose to do live online with a recording included (classes &/or private) or a combination of both face to face and live online with a recording included. This enables our #APTCOMMUNITY to mould the experience around what they enjoy most, as well as what their life needs. The aim is to make it sustainable & consistent and continue to educate, inspire and empower every single very special APT Client! I am humbled by the feedback and willingness to give it.

**\*Studio**

**~ Online**

**# Both Studio & Online**

### **Sue C ~**

I have found the online BODYART sessions to be of great personal value. Andrea is an excellent teacher and her knowledge and skills, combined with respect and integrity make the program highly enjoyable and effective.

### **Sharon #**

I have been attending Andrea's classes for over five years. During this time my posture, movement and well-being have greatly improved and I feel very positive about my mobility for the future. Andrea's classes are always fun and interesting and I always feel great and refreshed afterwards.

### **Jenni #**

APT offers innovative, functional and educational classes which address the needs of individuals as they age. The face to face classes are small in number which enables individual support. They are fun, challenging at times and always result in a sense of well being.

### **Jenny C ~**

BODYART is fun, challenging and friendly! Andrea gives options for making the tasks more challenging, I can stop at the first option if I wish. I can feel my body strength and flexibility improving, which makes me feel positive as I age!

### **Melinda \***

I love my BODYART classes. Andrea has a way of gentle encouragement and I find (with her help) I'm moving in ways I never thought possible. And she creates such a calming environment it's good for my mental as well as physical health.

## **Helen K ~**

Andreas classes are always beneficial, convenient and fun! The online offering allows me to fit in essential fitness with a busy schedule!

## **Liz J #**

I have been with Andrea for 15 years now and each session with her brings out the best in my body for that day. I am now so much more aware of the effort each part of my body has to make to give me a Good day! Non- negotiables of my own choice, breathing well and using my core before an effort is required, have become a natural part of my life.... giving me a solid confidence that my body won't let me down.

## **Jennifer \***

BODYART is great. I value it as I'm 50 + years old and its very age appropriate and fitness focused.

## **Janet #**

APT continues to evolve in both class offerings and content. *Mobility Matters* still provides the basics for centring alignment but now has moved to providing flow classes by the end of term allowing greater progress and mobility.

## **Kate #**

As always I'm indebted to you for keeping me on the straight and narrow. 2024 has had its challenges in many ways and I have noticed that my body has changed erring towards my real age. I haven't felt or seen that before. But that's because I am lucky to have you in my life. For me it's all about maintenance from here on I guess. Improvement is unlikely, but knowledge is power. Thank you for every minute of my time spent with you.

## **Nadene #**

Andrea makes every class slightly different and so I never get bored or complacent. I also know and trust that she is guiding us to use our bodies safely and gives us opportunity for risk taking and extension at our own pace. The choice of music is also very important to me as I'm quite 'fussy' and I always enjoy this aspect of the workout. Andrea is super organised and just a delight to be in the Studio space with, every week. I hope I can continue with APT next year.

## **Lesley ~**

I started Yoga classes when I was 17 years old. I gave up netball as I was doing a Bachelor of Music at Melbourne University, majoring in Piano, and could not risk finger injuries. I continued with Yoga for many years, but once retired took up Zumba then BodyArt at Kew Recreation Centre. During COVID, I heard about Andrea's online classes. These suited me perfectly, as my husband was ill and I could not risk infections. I thoroughly enjoy my online classes. At 76 years old , my 2 BODYART and 1 Express 30 classes a week with Andrea, are keeping me supple and fit. Thank you Andrea.

**ANON ~**

I am part of the online BODYART family but Andrea and APT offer so much more. BODYART is different to anything I've tried. I love it and I think everyone should try it. Everyone can do, if not it'll be modified to suit your needs. Andrea is very supportive and a great teacher. She will go to great lengths to help you reach your personal goal.

**Joanna \***

BODYART is a fun mix of yoga, pilates and dance moves. Andrea is a kind and extremely competent instructor.  
I enjoy going there each week.

**Rob #**

I'm very happy to keep my program as close to "as is" as possible. I love it.

**Melissa ~**

My spiritual and emotional life is enriched by an active physical life. Andrea's classes help me to trust and enjoy my body more, every day. I push my own boundaries and have a safe space to experiment and play.  
I love my time with Andrea and my body in harmony

**Wendy #**

Another Main Reason I choose to be an APT Client is because it's YOU teaching and advising and listening and understanding each Individual! I trust you implicitly and I can only admire all the new knowledge and wisdom that you gain at different retreats, classes etc you share with us all! Thank you for your ongoing passion for exploring, searching, sharing and giving! What more could we ask for!!!

**Margie M #**

Your programs reduce pain & improve posture  
Andrea's personal experience and knowledge has created a program that means I can manage my joint pain.  
As long as I do the programs I feel amazing! Thanks

**Liz F \***

Another amazing year of BODYART comes to a close. I can see the ongoing benefits of regular attendance for my physical health; alignment, posture, strength and injury prevention. However this year I have really needed the mental health benefits. The time out to move my body in such a mindful and beautifully fluid way has been so useful for keeping me on track. I am so grateful that I have found BODYART and Andrea to teach it. Thanks again Andrea, for all the wisdom, love and continuity that you provide to us.

### **Danielle \***

I have made BODYART a regular part of my weekly routine for almost (how many years Andrea??!) There's no expectation to do anything other than work out at your own pace, and to be on your own fitness journey.

### **Kathy K \***

The class offered by Andrea is a fantastic fusion of Pilates, yoga and ballet and it provides a well-rounded exercise session. I love it!

### **Laurelle \***

I absolutely love my classes with Andrea. I have discovered BODYART and for me it ticks all the boxes. It is a movement, body and mindful experience and touches on the feeling that I used to have when I danced, as there is an essence that comes from the heart. Andrea is an extremely competent teacher with an invaluable knowledge of the body and different styles of movement from a lifetime of study. She attends to each person in class and explains in detail the different movements. The soundtracks for the sessions are just perfect and I always leave with a sense of calm as well as a renewed energy that movement can bring.

### **Judy #**

BODYART classes with Andrea have increased my flexibility and strength. I find Andrea's teaching style very helpful - she has a real knack when it comes to explaining how to do exercises and giving feedback. I feel as though I learn something new from the classes every week.



**APT PERSONAL TRAINING & PILATES**

**[www.aptandpilates.com](http://www.aptandpilates.com)**

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