



Felcity Reeves Testimonial for Dave Hughes

Well, what I can say about Mr. Hughes. He has been training me for about 3 years and he certainly encourages and motivates me. I always work much harder during a personal training session and I know afterwards I will feel the effects – quite often for a few days!

My fitness levels have improved dramatically, I am far more toned and my body shape has changed. He has explained to me what weights I should use and the best way to use them to get the results I want. Each session is varied and hard work and I get quite a lot of pleasure out of hitting him when we do some pad work - don't know why?

On a lighter note I must warn you that the more he grins at you the harder he will make you work, don't be fooled into thinking he is going to be kind to you.

I would (and have) recommended Dave to lots of people, who have started training with him and they are all achieving the results they want.

Felcity Reeves