My testimony of an amazing class!

I've been attending Sue's Bee Fit Program for over 6months and have not only seen amazing results from a strengthened core and increased stamina and flexibility but my spirits are high!  I've built beautiful relationships with the ladies that workout together at her classes on Tuesday and Thursday.  Sue is an incredible fitness instructor.  She devotes her time with full attention and diligent instruction.  She's a great motivator and truly cares that we succeed in becoming healthier and stronger.  I feel great every time I go to class both physically and spiritually as she shares a scripture or a poem or a special word to build our morale!  I love this program and highly recommend it!

Christie Morrow

I don’t know where to begin to express how much this exercise class means to me. First, it’s a great workout for all age groups. While I’m one of the older ones in the class, I feel that I get a great workout each time. Sue is awesome and makes the class fun while motivating us to do our best. The group of folks in the class is wonderful. This class is so helpful both physically, emotionally and spiritually. Thanks so much for providing this to all.

Sara Muske

I have exercised most of my life. I have used many different types of equipment and have taken many exercise classes. I can honestly say that Sue's class is the best I have taken. Her class is not only physically challenging but also spiritual. She starts each class with a bible verse or a spiritual poem.It really motivates us to push ourselves during exercise. I look forward to her class every Tuesday and Thursday. My balance problem has gotten better,I have more strength in my legs and arms and just a overall great feeling with my body. I owe this all to Sue.

Sincerely,

Vivian Boehme