

## Testimonials of the Attendees of my Exercise for Strength & Balance class in Berkhamsted

(from my latest Evaluation forms and Christmas cards)

- 1) I have very much enjoyed the classes. You are so caring and thoughtful with us all. Looking forward to more enjoyment in January. (Kay)
- 2) I really enjoy the exercise class and Marta is an excellent teacher. She is very enthusiastic and nothing is ever too much trouble for her. I find the class very calming and relaxing and I have met some really lovely people, everyone is so friendly. Thank you so much Marta for all you do for us. (Janet)
- 3) Thank you for getting in touch and passing on so much useful information. I am doing ok but desperate to start the exercise for strength and balance again with our lovely group and it is you we have to thank for bringing us together. So pleased that we will be starting up again, soon. P.S. You will find that I have lost a lot of movement and mobility. (John, after the lockdown #1)
- 4) Thank you for all your hard work and see you in January. (Sheila)
- 5) I thank you for all your help, smile & fun during our exercise classes. I wish you a lovely & peaceful Christmas & a Very Happy New year. (Hilary)
- 6) I love your classes! My balance and strength are not so good anymore and I want to improve it. I enjoy life and want to keep mobile and fit as much as possible. I like to be challenged. (Tara)
- 7) I have made new friends and the class is very enjoyable and energising. (Pamela)
- 8) It's been so nice sharing your class. (Pat)
- 9) Thank you for hard work. (Christine)
- 10) Thank you for helping us keep our old ladies in some sort of shape! (Margaret)
- 11) Thank you for your friendship and the help getting me moving again. (Mavis)
- 12) Thank you for all your patience. (Barbara)
- 13) Many thanks for running the classes. I enjoy so much. (Sheilagh)
- 14) Thank you for all your help. (Mary)
- 15) Thank you for a super class! I enjoy exercising with others. (Corrine)
- 16) It's comforting to know others are in the same boat. (Maria)

- 17) Extremely helpful class. Being severely sight impaired I rely on my wife completely. Good to mix with others in a safe environment and give my wife a break! (Tom)
- 18) Class is very helpful to me in coping with new mobility problems. (Hazel)
- 19) Big thank you for the enjoyment of your classes. (Gwen)
- 20) Marta is always so caring and thoughtful. I look forward to her class every week. I can now get down and more importantly, get back up with a little help from a chair. (Susan)
- 21) You provide us with much needed exercise, companionship, friendship and love. You are worth your weight in gold for so many of us, please don't be so humble, you are so needed and loved. (Hil)
- 22) Thank you for all your care and hard work! I love your classes! (Susan)
- 23) Thank you for your inspiration, encouragement and caring to myself and our class. Your support is truly valued. Fondest wishes and love and a hug. (Valerie)
- 24) I can't give up Keep Fit as I enjoy it so much, my husband John wouldn't want me to. In the meantime, I'll practise at home. (June)
- 25) Really enjoy our Monday exercise sessions! (Ken)
- 26) Thank you for all your help! Will miss your wonderful sessions. (Fred)