



Cheryl Davies *Gym* *member*

In our club you often get the ladies teaming up and encouraging each other. Training buddies! This really encourages adherence for the members and they also have a good laugh whilst working hard!

This can evolve further to the point we have made this more formal!

Every gym needs a member like Cheryl.

My 'right hand gal' – she has scooped up the ladies around her and done just that – formed an informal session, commandeering the members into working hard.... in bursts. One of the best nights in the week is on Mondays – we've got Cheryl down one end, putting them through gears they have never tried before, while I do the Boxercise down the other end! For more than an hour the place rocks! Not ready to Box yet? – try Cheryl's end!