

APT 2019 clients share their experience

Collected via November 2019 APT Survey – clients age from 28 – 87 years.

Clients do Personalised One on One, Buddy and Small Group Sessions of varying combinations to suit their life and needs.

Rob - A very positive experience - love it! The testimonial I wrote some months ago is also relevant (Rob's Story shared – Never Give Up -on website blog)

Emma - Thanks Andrea! It has been wonderful adding your class to my life this year. Would love to do more in 2020.

Leigh - I have learned so much about my body and strategies to keep as strong and mobile as I can as I head into my 70 s .I love Andrea, and her enthusiasm, and care for me personally. The small class format works well and I look forward to becoming more involved next year

Anna - I've loved my APT small classes - circuit and bodyART. I feel like it is my time and although sometimes I might not feel like doing it (ie. 6am in Winter!) I always feel so much better walking out of the class than I did coming in. Everyone is super friendly and Andrea is very encouraging. There's something really lovely about exercising with a small group of supportive people of varying ages and fitness levels.

Jacquelin - I've loved my Tuesday nights bodyART at Burnley Backyard, wish I could do another night or morning. . . You do a wonderful job Andrea, and as hard as it is to get the gang there, we love it. 😊

Joanna - I enjoyed the bodyART sessions over 2019. I like the way the movements are generally similar each week, so we learn how to do them well, but you make small changes as the year goes on so they don't become boring or too easy.

Sharon - Thank you for another amazing year. I love attending your classes and feel wonderful both mentally and physically as a result. I really appreciate all the new elements you bring to the sessions and you have such a kind, fun, interesting and caring way of teaching them. The APT community are a wonderful, warm group of people and I am excited about continuing next year (see website blog 'Moving Forward')

Jane - I began APT this year when I saw it mentioned in the Burnley Neighbourhood newsletter as I had been looking for a class like this locally. . . Family issues with the Tuesday class time saw me swap to the Friday class which is much more convenient. The group are great ladies. The alternating classes is a great idea. I enjoy and benefit from both. It has taken months for me to put pieces together, but I see the classes as very holistic now whereby everything is connected and it's not just about the exercise. I take so much from the mindfulness, and am still learning the breathing, but love that APT is encompassing. . . I am grateful for your passion, your empathy and your skills, Andrea. What you do is wonderful and I hope to be part of it in 2020.

Helen - Always a pleasure to attend a class with you Andrea - I love the whole philosophy, and the "rightness" of it as we all age! I use what I have learned every morning in Adelaide to "set" my head for the day and move and wake up! I have really missed the opportunity this year to do more - it has definitely had an impact (and not in a good way!!) I am looking forward to being back on ground in Melbourne so I can do more with you in the coming year. . .

Kerri - Dear Andrea, the difference between what body movement & exercise I have experienced with your classes, is that you are genuinely interested in where my fitness journey is at. You care about your clients.

Fiona W - Thank you again for everything. With your support and guidance I've learned a lot and gained many skills. The group sessions were always good fun when I could do them, there was no pressure or rivalry, it was just casual and go at your own pace which is a really nice thing, and makes you want to come back instead of getting scared off. Similarly with the one on one sessions, I always knew that, while I should push myself, to be mindful of how my body feels. Normally when someone thinks of personal trainers they think of someone who just pushes and lives on "no pain no gain". That's why it was so good to not have that pressure, allowing me to push myself in a controlled manner that wouldn't stress me out. Thank you for creating a kind and supportive environment; I think everyone is grateful for that!

Jan - I have said the most in the testimonial I wrote for you (website Blog – painfree for over 10 years). What is and has been best for me in 2019 and in my years of APT training is HAVING SOMEONE THERE JUST FOR ME. All the feedback and observation of what I am doing is invaluable and also just to 'receive' as I do so much giving in the rest of my life.

Melinda - I love the bodyART classes. Andrea inspires me to keep going - even when I don't feel like it.

Fiona C - APT has been a community experience for me with a group of gentle women lead by a wonderful, kind, gentle, wise, talented leader! It's more than training. It's belonging to an ideology that goes beyond fitness and embraces the power of the mind with functional movement in a safe training scheme, so that we can live our best lives. The training is gentle, safe and effective. I feel well cared for in a fitness regard. I feel that Andrea is focused on the well being of her clients. She is extremely hard working. I feel very loyal to APT.

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Jacqui - bodyART for me has been an experience where I feel my mind has been exercised as much as my body. I have done many forms of fitness programs before and generally let them lapse as it has always been a variation of the 'no pain no gain' method of achievement and after a while that just becomes too much. With BodyArt it is completely different, my body feels and looks stronger and is more supple through being in harmony with how it works. Feeling strength and not soreness as the result is the change. Learning to breathe with exercise has had the biggest impact on my sense of fitness and achievement. My feeling of balance and calmness after a session is more addictive than the physical. I love it!

Alice - It is hard for me to comment as I am very new to bodyART. I have found the sessions friendly and achievable and different from other group exercise programs I have previously done. In one way the sessions have felt easy but they have challenged me in areas I want to develop such as balance and also in coordination. I would be happy to have more stretching and strength work, but I get the impression that the necessary levels of these components are adjusted over time. I have enjoyed these sessions and look forward to participating in more sessions in future. Thank you Andrea!

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Dianne - Was brought to Andrea as a friend who was glowing with the success of her experiences. Being worn down by various physical conditions, I feel that I have found a new approach to managing my physical problems. I didn't ever expect overnight miracles but I feel that I am on the road to becoming more mobile and decreasing the amount of pain. It's going to be a long journey but I am learning new things and investigating some intriguing ideas.....all in a friendly environment. That all sounds a bit pretentious but it's good stuff and I am enjoying it!

Robyn - My bodyART weekly session really sets my week. Integrates and aligns all parts of my being. Meditational and medicinal!

Alison - I enjoy the sessions and wish work didn't get in the way of me being able to do more of them and more regularly. Still can't say that I love exercising but making myself do the sessions is definitely a good thing. They help me switch off, stretch and generally feel better. Thanks Andrea.

Kate - Andrea has continued to keep me motivated about my fitness. She negotiates the vagaries of my creaky bits really well, knowing when to challenge me and when to adapt things so I still get to stretch, move and strengthen within the parameters of my periodic limitations due to pain. This is really important. Because otherwise I'd be putting up my hand and saying, "not today!" Recently, I had another twingy moment with my back which coincided with two bodyART classes on consecutive days. The twinge was fixed! And that has been a pretty consistent experience. When I feel I can't, with Andrea I find I can! Thanks Andrea.

Mary & Arnold - Love the attention to detail and care of ageing body so as not to exacerbate existing injuries yet still strengthen and keep flexibility.

Liz - Every minute of every session has given me something of value.

Angela - Enjoyed what I have learnt about my body and how I feel after the class.

Katherine - My short time with APT and my bodyART experience has been amazing. After just a few early morning bodyART classes the shift in my thinking was incredible the inner calm the confidence and the new found energies I now feel are really quiet magical. I am now a few months into my bodyART journey and it just gets better after each class I come away feeling so grounded and my body and mind stronger, so in tune with ME. Thank you Andrea

June - From reading your newsletter, to taking a leap into early morning classes (no excuse but me) I feel I've come along way. I firmly believe this has helped me recently take the big, very positive and successful step into a new job. I have handled the experience far better than I anticipated. I have been very lucky (or perhaps this is a reflection of APT) that the people in my classes have been so warm, welcoming and caring - highlighted by yours and their support of me when the incident happened earlier this year. Thank you

Evan - I very much enjoy the group sessions at Burnley Backyard on a Tuesday evening. They assist me with my flexibility and fitness and I enjoy Andrea's teaching style. I would be very happy to continue with these classes or something similar in 2020.

Maureen - As a "seasoned" bodyART participant, I love how the sessions slightly change/progress so that different muscles are focused on, I constantly feel that I'm making progress and never feel bored. At the same time, the basic principles are constant which enables self confidence and a safe, positive environment. I feel as though bodyART, in conjunction with lots of walking and a healthy diet, is helping to keep me balanced, mobile, fit, strong, flexible, energetic and positive, especially for my age!

Janet - My APT 2019 experience has seen me start to treat my new mobility as my new normal. When I think the journey has been slow I think about my starting point and celebrate how far I've come. I'm ready for my next challenge - group class. I've come so far I'm now able to tell people that I'm doing this. I'm putting it out in the universe to help me succeed. (See blog – I Bit The Bullet – on website)

Wendy - 2019 has been a Joy and Inspiration to me to continue learning about myself through Awareness and Acceptance of who I am now, both Physically and Mentally and Spiritually. In order to do this I need to Slow down, have Courage, Quieten my mind and Tune in and Listen to the WHOLE person - how do I feel and what do I need - bodyART and One-on-One sessions in particular encourage this through use of the Breath and Focus of the mind. This approach inspires calmness and confidence to Let Go of and Release old habits and patterns - pushing too hard and "making" it happen, pleasing people, "should's", every day stresses, unnecessary tension in muscles, anxiety, obsessive thoughts. It calms my "butterfly" mind and allows me to focus. I achieve flexibility and co-ordination in the Body by "letting go" and using the breath which transfers through to the mind. I love continuing to LEARN and DISCOVER in order to participate in a full and healthy Life. Learning to build from the Ground up through awareness of the use of the Feet and distribution of Weight. Use of the Core and Lengthening of the spine to ease tension and feel balance. I delight in the Freedom it offers me. APT offered me an opportunity to change by supporting me to make a START free of expectation and in my own way. It inspired in me a willingness to learn and change in a safe environment and under expert Guidance by a knowledgeable and non-judgemental Mentor. I value being able to use what I learn in the Studio in everyday Life, every day! My sleep patterns are beginning to improve. I am more aware of nurturing my body through the quality of the food I eat. I now give myself permission to have a rest with my feet raised for 20 minutes if I feel the need! I enjoy the Group sessions with like-minded people of various ages and backgrounds and working with them without comparison or judgement and having a laugh! Moving to music has always been a joy to me - it's Uplifting and I enjoy the Rhythm. (the reason I became so passionate about Dance!) Heartfelt thanks Andrea for your Inspiration, Care and Friendship! You have given me the Tools to make the most of the remainder of my life in Body, Mind, Heart and Spirit.



It's never too late to start!

Movement is medicine



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