

Dear Tony and Karen:

I recently completed my first year at The Burn, and I wanted to take this opportunity to thank both of you for the excellent job you are doing, and the wonderful gym you have created.

While living in Spain, I belonged to a small gym whose owner trained professional/competitive athletes and also offered a limited number of small classes for the public. I attended that gym for several years, until moving back to San Diego, and have always used it and those workouts as a benchmark. Valero, the trainer, always asked of us more than we thought we had to give, and I think that is very important in training.

I have lived in San Diego now for about 10 years, have belonged to many gyms, and have done all types of classes, but I have never been 100% satisfied with the workouts, not even close. The classes/training have never challenged me fully, so I kept changing, trying to find the right gym/trainers. I finally found it! THE BURN!

I love the workouts, I love the variety, I love the motivation. I look forward to getting up every morning and coming to class (a lot of people would not understand that - at 5:30 a.m.). I am seeing results in both my strength and endurance. I have even become motivated to rethink my long held ideas on nutrition, and have been doing a lot of my own in-depth research on current ideas on bodybuilding, nutrition, etc.

I think you both are great, and I want to thank you for your hard work and dedication. The gym is small and I know you spend many hours there everyday, and I want you to know how much I personally appreciate your efforts.

Thank you.

*Thanks again for your
hard work,
Bernice*