

I had done workouts at home faithfully for about a year. I always thought I could never be a “gym person”, it just didn’t seem to be for me. I was comfortable working out at home but space was often limited for certain exercises. My friends encouraged me to join a small gym was very local. I decided to take the plunge and bought a 3 month membership. I was faithfully going to the gym about 5 days a week. The variety of cardio machines were great but there was only a small weight area and one cable machine which made it hard to get the space I needed & to feel comfortable at the same time.



I heard about Purdy’s Wharf Fitness centre through a co-worker and decided to book a tour with Tammy after my 3 month membership had ended. Tammy had shown me everything all the way from the weekly group fitness schedule to the locker rooms. After the tour, I thought about making the switch. The location couldn’t be more ideal in relevance to my work and my first impression of the staff was that everyone was super helpful & very approachable. This was something I never had at the previous gym as there were never any staff on site to help demonstrate the uses of the machines, or give tips.

I became a member shortly after my tour! Purdy’s was so much more spacious than my previous gym. I never have to fight for a cardio machine and there was a lot of equipment that I never had the luxury of using before. I was excited to try everything but still a bit hesitant being new to the club. After a few weeks of going several times a week, I found myself doing the same sort of thing on the same machines each visit. I decided to go to one of the group fitness classes to change it up and see if it was something I liked. My first group class was taught by Angela. She is so energetic you can’t help but push yourself & work harder than you thought you could. The ladies who also attend the classes were very friendly & welcoming. After attending a few of her classes it very quickly became one of my favourites. I loved the variety each Monday and looked forward to the following week. Who doesn’t love a class where you’re having fun & working out at the same time?!

I noticed a big improvement in my upper body strength after about a month or so and could see how the classes were paying off. I love working to see results whether it be in my physical strength, my mobility, or my endurance. Purdy’s Wharf Fitness centre has helped and allowed me to see all of these transformations come together more quickly than what I was doing on my own. I still try to attend 2-3 group classes a week because of the high energy and motivation you receive.

Last Fall I had enrolled in the Pilates Level 2 specialty program led by Tammy. I had been exposed to Pilates in the past but never attended an actual class, so I was really excited to see what they had to offer in terms of new ways of building my core strength. After the 8 weeks were up, we were given the option to carry on for another 8 weeks. I decided to take a few months off to incorporate some more of my own strength training. I did however continue to use some of the core exercises that Tammy had shown us during the program. I remember her saying how important it was to have a strong core, so I really wanted to build on that even though I wasn't attending the class.

Early 2017 Purdy's Fitness Centre had introduced another series of specialty programs. This time, they were 12 weeks long and seemed to have a few different components to each program. One I was particularly interested in was the Exhale Program. It was a combination of Pilates, Yoga & Barre. I had never done a Barre class so I wasn't exactly sure what to expect, but I love to try to new things so it was an easy decision for me to sign up. Most of the other participants that had signed up were familiar faces from the Pilates Level 2 program, so it was nice to see them all again. The Exhale program started out with mostly Barre movements along with some Yoga, transitioning into Yoga & Pilates, and then the last few weeks were more so focused on Pilates with props. Before we started, Tammy had done a pre posture assessment, a balance test, and a few mobility tests so that each one of us would know exactly where we needed to focus on throughout the class as well as at home if we really wanted to go that extra step. After seeing the results of the pre-class assessment, I was blown away by how bad my posture actually was and how heavy my head was on my spine based on physics. I also figured I had poor shoulder mobility especially on the right side, and after seeing the assessment it confirmed what I already knew. Keeping those results in mind I knew I had to work hard throughout the classes to really focus on improving after these 12 weeks. I also made a strong commitment to myself to work on certain areas of mobility and stretching at home several times a week. Tammy provided me with a few tips on what areas I had to work on stretching to help with the postural alignment, as well as some shoulder stretches to help lengthen the muscles which would in turn give me more mobility. After a lot of hip stretching and shoulder stretching at home and before working out each day, I could see the mobility in my shoulders and hips greatly improve. At the end of the 12 weeks, each of us booked our post-posture assessment. I was a bit worried about my posture improving as I couldn't really tell as the weeks went on. But what I was quite confident in was that my shoulder mobility had gotten so much better as I could physically see this improvement. The final results that Tammy had

provided me with were actually quite amazing! All of my hard work had paid off with focusing on certain areas during the classes, as well as the commitment I made to stretching at home to gain mobility. Some of the results included: improved balance, ex: can stand on one foot with eyes closed for 30 seconds with no tap down to gain balance, my hips and shoulders are now in perfect alignment (not leaning to the left), and my head weight on my spine based on physics was reduced from 33.9 lbs to 25.8 lbs! That's 8.1 lbs of weight lifted from my spine! I couldn't believe just how much I had improved with respect to my posture. It was exciting to see all these results with hard work, dedication, along with the professional guidance from Tammy.

Since the Exhale class, I have enrolled in another 8 week Pilates+ Program which will continue to build on my improved shoulder mobility as well as strengthening my core & posture muscles. I have also met with Tammy to put together a workout to help strengthen my back & chest over the next 2-5 weeks as my goal is to be able to do perform 2-5 regular pushups, with striving for 5-10 over the next 3-6 months. If I continue to stay committed to these goals, I am confident that I can get there! I've already seen some improved back strength results over the last 3 weeks, so I am well on my way. ☺

After almost a year in becoming a member I can truly see how much stronger I have gotten which makes me push that much more each day. The instructors and personal trainers have given me the confidence to try new ways of doing "old" exercises to see faster results.

You guys rock!! - Catherine S

