

Good Morning Angie,

I had a great time (at Sunday 11 am Yoga with Angie). I felt like all the calcification of my chakras were gone. It was intense though. I feel sore all over. But it is a great feeling. Since I stopped coming to your studio, I continued with yoga on my own. I also went to few studios in Farmington Hills area. I consider them as ticklish yoga, since they are not to the caliber of your yoga sessions. And I say that with all honesty. When I practice yoga, I hear your voice coaching me. I wanted to come back, but then learned that you closed your studio. Then I went through a divorce this year and was so busy with work. Yesterday I woke up not feeling good though. Our beautiful house in Farmington Hills is sold because of the divorce. I let go of a very serene and beautiful space for me. I'm actually going to the closing in few hours. The point is that I felt incredibly good, especially emotionally, after I left yoga yesterday. So I know the impact of good yoga on me.

I'll join the rest of the spring session.

Highest regards,

Buthayna 4-20-10

I really liked this Pilates sculpt class better than the traditional floor Pilates.

Thanks, Dottie--Dorothy Deremo, FAHCE 9-26-09

Just a note to let you know the instructor at Troy Community Center, Julia, is outstanding. She is very thorough and you can tell she loves what she is doing.

A number of us in that class are very interested in having an additional session added.

Please let me know if that is possible.

Thank you.-- Stephanie Schroeder-- 10-09

Posted by: Chiyuki, 1/28/2008 I love Angie's Yoga very much.

She teaches very important lesson in life thru Yoga.

Someday I would like to be a Yoga teacher like Angie.

Posted by Madltu, 1/28/2008 Excellent trainers and they really care for their students.

An email from a new student of Mary Cinder's in Clinton ; Thanks for the email, unfortunately I won't be able to make the class. My daughter is in the Spring Concert at Mohawk which is probably the reason for your location change. I will for sure be there next class. I absolutely loved the class and can't wait for the next one. You are a very inspiring teacher!! Thanks, Pam Wilking

A note of praise for Sue Lorton, she has been a fabulous instructor.

I have been taking classes with you for a few years now and Sue is by far the best instructor I've found. Thank You!!!!!!!!!!!!!!!!!!!!-----LeMessurier, Sharin

I have been to at least 20 studios in the city of all shapes, sizes and styles of yoga. This place is one of the best. From the minute you walk in, you can't help but smile. The classes are challenging without going overboard -- instructors are nice and

knowledgeable. The best part is that they seem to know who they are and how they fit into the yoga community. What more can I say?

Posted by: Cheryl Urban

I have been attending classes taught by Fitness Rx for several years. The instructors are great...they keep me coming back!

Posted by: Michelle

I love the fact they arrange for an instructor to come on-site to our workplace. Thanks Fitness RX

Posted by: Heather Jarvela

Great Staff

Posted by: Nicole

DANCE OFF INCHES:

"We had a blast at the dance off the inches... Sheri Kincaid is a great teacher!"

-Jan Reynolds

BERKLEY CLASSES WITH TEACHER EMELINE KING:

"This is the third class i've taken with Emeline and I really enjoy her classes."

Nancy Lauwers

BOOTCAMP:

"I am under a time crunch to get inches off in order to fit into my wedding gown. In a matter of a few weeks, I have already lost seven inches and 5 pounds. I am well on my way to reaching my goal to get ready for the wedding." Courtney Jones

PRIVATE SESSIONS AND YOGA:

"I was not inspired by someone regarding exercise like this before.

I have noticed my energy level increasing and I focus on how to be healthier not just losing weight. I've learned that exercise is something that I must do every day and that dieting alone does not work!"

"I had not done yoga before but immediately liked it. When I am really stressed out at work, I find that the yoga classes keep me going and help me relax. I have included yoga in my daily routine since discovering it with Angie!" Chiyuki Bidlack

FROM A YOGA STUDENT; MALE

Angie,

Here is why I hate to miss a yoga class:

I've found that yoga provides an opportunity to "reset" physically, mentally, and spiritually so that I can begin the week ahead with a clean slate. When I attend class on Sunday, I am more focused on my work and my health during the coming week. Anticipating the next class motivates me to make healthy exercise and nutrition choices in the meantime.

Thanks Angie!

- Matt Bidlack

#### FROM A LONG TIME STUDENT: YOGA

Thanks, Angie. I am really enjoying your class. It is a pleasure to see how much you have grown as a teacher. It is a credit to you that you are constantly trying to improve. With appreciation, Dottie

Dorothy Deremo  
President & CEO  
HOSPICE OF MICHIGAN  
400 Mack Avenue  
Detroit, Michigan 48201  
PH: 313.578.5010  
FAX: 313.578.6383  
E-MAIL: dderemo@hom.org

#### ABOUT WORKING AT FITNESS RX:

Thanks again for putting me on top of the list for those openings. I heard from Lisa M. at Cleary. She said she received your advertisement for trainers. She asked me if Fitness Rx was a great place to work and I told her it was fantastic. How you have welcomed me in is unbelievable and helping me with my current situation with your expansive contacts in the area is much more than I could have imagined. Angie, Thank You again for all you have done for me! Earl Meyer [egordonmeyer@yahoo.com]

#### FROM A PRENATAL YOGA STUDENT:

Hi Angie

Prenatal yoga was extremely helpful to my delivery and overall fitness. I was able to deliver my son (8 pounds, 7 ounces, 21.5 inches long) with no drugs or other intervention

(which was my goal) by using the breathing and relaxation techniques we practiced. Thank you for the great service you provide to expectant mothers! I hope I'll be able to find another class for my next pregnancy.

Lynn Bishara