

TESTIMONIALS

No questions. Just a big thank you for these classes. Helps so much! I could never take fit for life classes before because of a conflict. Now that they are streamed, I realize I've been missing much.

Again, my sincere appreciation for these classes.

Geraldine M.

Just wanted to give a shout out to Tom Zimmerman for the great Enhance Fitness class today. It was a good workout, especially since we are not getting our usual exercise. Thank you, Tom!

In addition, I'd like to acknowledge Shushi Gokale for her excellent classes. I normally attend her yoga classes at the Edison Y and have enjoyed participating on line during this situation.

Dianne Y.

I just wanted to personally thank you for setting up these on line zoom classes during this stay at home situation. They are keeping me fit and sane. Thank you!

Linda A.

Elizabeth's demeanor and exercise and Indian music was delightful and so was she. I don't know how the day would pass in this imprisonment without you guys.

Thanks, Frances S.

Thank you for some continued services during this historic time, including Y classes. While the regular ones I attended prior CoViD-19 are not available, a few of those instructors are doing independent classes, so i am able to join some, which helps my physical and mental health while working at home during this crisis. As indicated on news programs, layoffs and furloughs are happening, which could directly impact me in the future. A semi-regular routine such as Y workouts are helpful and provide needed structure, gentle hope and welcomed social relief. I am especially grateful to Angela Doerr, Bhavana and Aanchal from the Edison Y. I have also attended a few with Linda and Hannah. Thanks again to all and wishing everyone good health.

Jennifer O.