

Success Stories

The reasons for being a member of a gym are many and varied.

For some a gym programme is an integral part of a greater plan to be the best local, national or perhaps even international competitor in their chosen sport. For others it is the most time and cost effective way of both dropping and keeping the weight off! The Club is also a great place to meet up with friends and catch-up for a good chat!

See if you can spot someone like yourself among the following member contributions:

'5 years ago my Doctor told me I had Typell Diabetes. I was devastated. I decided to do whatever it took to get off the medication. I started at the gym and have been drug free ever since! - Patsy - Fit@50+ I've been going to the gym on and off for a number of years now and I've recently started back at Pro Active Alexandra. The staff create a really positive and encouraging environment. They are genuinely interested in your fitness goals and go out of their way to help you achieve your goals. You get to know the staff as well as some of the other regular gym members so you never feel like you are just a number. The gym is really handy and the hours fit great with my work.

Thanks team at Pro Active for keeping me motivated and on track to reach my goals - Aaron - Dad, Businessman, Recent Indoor Rowing Convert.