

It used to be a struggle to walk up a flight of stairs ... now I race myself up every day



To motivate myself to get to the gym or do any training was close to impossible due to my hectic work schedule. So when I heard about ActivCity's HiT-Training and special workout-courses, I got curious and tried it. With a nice lady to guide me thru my program, I was able to not only get into a routine that I really looked forward to every week, but also saw and felt the real benefits of " High Intensity Training" . This slow training technique helped me identify strengths and work on my weaknesses making me stronger, fitter and healthier with every week that passed.

Almost every session I would achieve a new milestone and make things happen, I never thought possible! It used to be a struggle to walk up a flight of stairs ... now I race myself up every day! ActivCity's continuous support makes me push myself to better fitness every week.

Rodger Bach
Member of ActivCity Stuttgart

Since Jan. 2009