

Fits my busy schedule perfectly



With a families hectic pace of life it is incredibly difficult to fit everything into one's busy schedule. Like most people that come here, my fitness routine was suffering in favor of work and family commitments. Being a physically active person myself before coming to Stuttgart, I noticed that my level of general fitness was deteriorating and I could no longer enjoy my favourite sports as much as I did before!

When I heard from my friend about ActivCity HiT-Training twice a week work out schedule, I found it difficult to believe, but decided to try it out nevertheless. With the professional guidance of a very friendly staff , I started feeling and seeing the results after only a couple of weeks. Every session was helping me to achieve new levels of strength and fitness and I was able to easily document my progress. I was delighted to see the benefits in the other sports that I also enjoy participating in – I did not feel out of breath after 10 minutes of cycling, running or swimming and could once again keep up with all my friends!

Now every week I look forward to my "High intensity Training" workout and continue to become healthier, fitter and stronger after every session!

Annie Gerke

Member of ActivCity Stuttgart

since Dec. 2008