

## Testimonial for Suharni Mohammad (aka Sue Power)

Lena Lim-Newing

What got me interested in engaging Sue as my Personal Trainer was her energetic and fun-filled Body Combat and Body Pump classes in Planet Fitness.

As a group class instructor, she made sure we got the moves right so as to work the targeted muscle groups, instead of just simply going through the motions. She always manages to make the classes so fun. It's no surprise that her classes were always packed to the brim.

PT sessions with Sue brought my fitness to the next level. She was able to understand my goals and kept me motivated to improve each week. As much as she wanted to help me get stronger, she also understood my threshold and never pushed me beyond that. Sue modified each exercise to accommodate my mild-scoliosis condition.

In no time, I was able to see results in the ease I had at my Body Pump sessions and lost the much dreaded post-pregnancy flab. I also saw significant improvements in my running form and speed, all thanks to Sue! Sue is the person to go to with your focused fitness goals!