

For the last two years my fiancé and I worked hard to change to a healthier lifestyle. We cut out junk food, added more veggies, and went on walks every night. Then the holidays snuck on a few pounds, the activities of our five kids overruled our walks, and wedding planning became more urgent. So, I decided to try the "New Bushido Fitness Workout for Women" Monday evenings while the boys were at scouts.

That one hour a week is action packed -- boxing, sit-ups, dancing, joking, and encouraging. Walter helps us push ourselves a little farther than we thought possible. More importantly he teaches us how to move safely and breath properly. Each week I feel accomplished and refreshed. I would recommend Bushido Fitness to any woman at any fitness level—your body and soul will be glad you did!

Thanks Walter!