

I would describe my experience as very rewarding. The difference between Sphere F. and my regular gym soon became obvious and I was very pleased with the results, and Albert and John was very friendly, encouraging and with a real one-on-one approach.

What I really like about workouts is a real feeling of a team work between me and the trainers. You are getting full support on every task you are given.

There are a few results I can see.

I became stronger-physically and mentally, looked and felt better about myself and the results.

I can see made it easy to stick with my program.

With the results, came acknowledgement of how I achieved it.

I would recommend Sphere F. to anyone who genuinely wants to get fit.

If you put the work you WILL GET the results you wanted-guaranteed.

Sphere F. is for anyone who wants to get fit, healthy and wants to learn about important aspects of fitness.

That's not only a gym that's an educational trip. John and Albert are not only trainers, they are friends helping to make you better, stronger and more confident person.

They make me believe in MYSELF!!!

