



Shapes...I love this place! I joined Shapes many years ago (7 or 8?) with no idea how to exercise properly. With the help of all those wonderful instructors I went from someone who had never exercised and wore a size 18-20 to someone who loves to work-out and now wears a size 4. The addition of the Perfect Balance team (especially Caitlin) was the final element that helped me reach my goals! Thanks Shapes for helping me get healthy!

April L. Gumbert