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To Whom It May Concern:

As a long-time resident of the Copley Condominium & Club and former Board President, I'm writing to praise Practical Fitness & Wellness, the company that now oversees the Copley Health Club.

Our building had experienced hard times with a well-known fitness company as well as their long-distance oversight of the club. At long last we dropped the company and hired on Practical Fitness & Wellness (PF&W), which has become the spark plug that was needed here.

I'll give you some highlights of their improvements: PF&W rearranged the machinery, replaced old pieces of equipment with newer, better ones, and purchased small fitness paraphernalia that add interest and fun to a resident's workout. Amenities, such as towels, toiletries in the bathrooms, and healthy snacks are always available.

To encourage broader use of the facilities, PF&W always offers various events, such as parties and different types of fitness programs. They also have a network of personnel who are trained to give, for example, swim lessons for children and/or adults, as well as talks on diet and nutrition. Beyond that, Practical Fitness & Wellness offers concierge service to residents who may wish a massage or nutritional counseling in the privacy of their apartments. Personal training and physical therapy are also available.

I think you get a picture of the attention and superior service rendered by PF&W, and of course, I wouldn't be writing this letter if I didn't think this company would be an asset to run any residential health club.

Sincerely,

Sherrin Hersch