

Reviews



Keith Kollman has recently assisted me in understanding, learning, and adopting the fundamentals of aqua aerobics in a safe and non-threatening environment.

The results and knowledge achieved are impressive and are largely due to Keith's combination of diverse training methods, individualized exercise programs & challenging yet achievable goal setting.

Keith has a tremendous amount of knowledge (self-researched and tried and true), which provides a recipe for success without the high impact cross fit style regimens.

Regards,

John Klekner

Student