

To whom it may concern,

My mother and I have been training with Bob Virgulak for over a year and have found him to be knowledgeable, professional, and dedicated to achieving his client's personal goals.

My goals were lofty; I wanted to regain my strength and to lose weight after an illness. I can happily report my energy level is back and I am down approximately 45 pounds. My Mother's goals were to increase her muscle mass and improve her balance, which she has successfully accomplished with Bob's guidance.

Beyond his excellence as a trainer, Bob is also very personable, and if you decide to hire him be prepared to work very hard but also be prepared to laugh.

Sincerely,
Patricia Coughlin
Greenwich, CT

To whom it may concern,

It is with great pleasure and enthusiasm that I endorse Bob Virgulak's personal training program. Bob began working as my personal trainer almost a year ago after the birth of my daughter. His energetic and professional approach to fitness has been very instrumental in helping me achieve my personal fitness goals. In addition, Bob is extremely courteous and respectful and just a pleasure to work out with.

I believe that it would be difficult to find a more dependable and dedicated personal trainer and I recommend him to anyone looking to improve their overall health through exercise.

Regards,
Janie Konadaris
New Canaan, CT

To whom it may concern,

Robert Virgulak has been acting as a personal trainer for my wife and me for about one year. Prior to that time we had come to know and appreciate Bob during his period when he was working as a trainer at the New Canaan Health and Fitness Center in New Canaan, CT.

Bob is extremely knowledgeable and experienced in the field of physical fitness, having studied the subject thoroughly and been active for a long time. he is particularly astute at sizing up the needs and weaknesses of potential trainees and listening to their desires. He will adjust the types of exercises, the number of repetitions done and the amount of weight used to produce the best results, while at the same time, not overtraining or injuring the client. He is not only careful but also able to explain exactly why he asks the trainee to perform certain movements, lifts, etc.

As important as the foregoing is, we find that one of the most delightful aspects of our sessions with Bob is his friendly personality and great sense of humor. It is a pleasure to talk with him while we work out.

In short, both my wife and I heartily recommend him to anyone interested in fitness and in obtaining the services of a personal trainer. And, for people who, like us are retired, fitness is a must! We find there is nothing like exercise to stay young and feel well.

Very truly yours,
Raud E. Johnson
New Canaan, CT

To whom it may concern,

Why are you considering a personal trainer? Have you been lonely, and you thought you wanted someone to keep you company once or twice a week? Do you need reassurance, and you crave having a person tell you that you look great? Is your treadmill gathering dust, and you believe a trainer will make you want to use it? If you answered YES to any of these questions you can stop reading now.

Are you considering a personal trainer because you have a goal for your body and you are serious about getting in shape? If so, then you're looking for Bob Virgulak.

Bob was not my first trainer. Before Bob I had worked with four different trainers over a period of five years. These trainers were nice guys, but they did not get the job done. I started training with Bob in January 2003. When I met Bob, I was 5'10" and I weighed 155 pounds, WET! My goal was to increase my physical strength and to find the chest and arms that had eluded me for 40 years. Since working with Bob I have nearly doubled my bench press, and I've gained about 20 pounds. Nearly all of the weight has been muscle.

For the first time in my life, people are noticing my body, and they comment on it to me. My wife has been so pleased with what Bob has done with me that she has asked him to train her, too. With Bob she has increased her body strength, and she has shifted her body composition, building muscle while not gaining mass.

Bob is different from all other trainers I have met. He doesn't make grand promises which he can't deliver. Bob listens to his clients' goals, and he works with them to help them reach those goals. I was frustrated when I first started working with Bob because we progressed slowly and carefully. I wanted big guns and I wanted them immediately. But Bob knew what he was doing, and the effort is paying off. I would recommend Bob Virgulak to anyone, for his knowledge, work ethic, and the results he delivers.

If you are considering a personal trainer, and you are ready to see your goals achieved, then consider Bob Virgulak.

Hal Houston
Westport, CT