

Testimonials, September 2015

I joined Southside Fitness in September 2013. In the beginning I was just looking to keep fit, then in March 2014 I set a date for my wedding (May 2015) My target then was toning, fat loss, to improve my overall fitness and fit into my wedding dress which was a size 8, at the time I was a size 10. I started going to the class every Tuesday, Thursday and most Saturdays to achieve this. I measured my upper arms, thighs, back and waist and following some fitness tests with Dave 8 weeks later I checked my measurements again and the results were greater than I expected. I kept going to the class 3 times a week, this combined with a healthy diet I achieved my target weight/size for the wedding. I continue going to the class as its part of my routine now and I really enjoy it. I would highly recommend Southside Fitness classes to anybody who has a goal they want to achieve, or even just for general wellbeing and keeping fit.

Lorraine Doyle

Woodstown, Knocklyon, Dublin

Training with Southside Fitness helped target toning and fat loss in key areas and improved my overall fitness. My target was to drop my percentage body fat on my arms and waist especially, and drop some weight at the same time, ideally a couple of kilos.

Following some fitness tests with Dave and with regular attendance of classes, 8 weeks later the results were better than I expected. I dropped 4 kilos in weight and 3% in body fat. Surprising myself I also completed Stage 4 of the plank test compared to Stage 2, 8 weeks previously!

Teresa Lea

Darglewood, Knocklyon, Dublin.

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I have been attending Southside Fitness training classes for over 4 years and having tried various gyms and classes, and this is the best.

At 58 my fitness level is probably better now than it has been for 25 years. The class is always interesting as Dave varies the exercises and sequence of exercises and explains the techniques and benefits. Regular fitness assessment is also a feature of the class. Dave has also introduced a social element by organising weekend walks, runs and an end of year get together.

Highly recommended.

Joe Duggan

Orlagh Grove, Knocklyon, Dublin

I started circuit training with Dave four years ago and can honestly say it has been a life changer in so many ways. After losing the half stone I needed to initially, these days I no longer feel the need to hop on and off the scales as I feel more toned and most of all my clothes fit me much better. Dave with his expert knowledge of all things fitness is constantly changing the classes and with a great bunch of people and a few laughs along the way the classes never get boring :)

Siobhain Kelly

Ashton, Knocklyon, Dublin

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In the beginning I was anxious about joining circuit training as I hadn't exercised in 6 years. This need not have been the case. From day one I found the classes open and friendly while also pushing me to exercise hard. With my close friends wedding fast approaching, I gave myself 9 months to get in shape. I pushed myself to my limits, initially it was 1 class a week, then 2 and finally 3. Going from 10.6lbs to 9.2lbs I was feeling great about myself for the occasion. Not only did I look better, I felt better and healthier than ever before. I have made great friends in the process. I felt completely at ease with Dave's support and expertise getting me through the whole process. I continue attending classes on a regular basis and couldn't be happier living a healthier life :)

Tracy Brady
Beverly, Knocklyon, Dublin

I have been training with Southside Fitness for over 3 years now. When I started I had been out of regular exercise for quite some time and was very unfit. This year I took part in the 72 hour Beast of Ballyhoura race which was a real achievement for me and in the three years, I have been building up to do this event. Dave's instruction/guidance and Southside fitness classes have been the backbone of my fitness journey. Dave's classes are setup in such a way that beginners to advanced can take part side by side and get maximum benefit from the class. Dave has huge enthusiasm and a willingness to share his knowledge. He puts huge energy into preparation and execution of his classes. Classes vary regularly so you're never bored, and they have the perfect balance of strength and conditioning with cardio, and as Dave's expertise has advanced so to have his classes, while all the time remaining fun, energetic and suitable for all ages and fitness levels.

Keep up the good work, and I look forward to many more years with southside fitness.

Yours in sport
Dennis Carey,
City West, Dublin

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Having been to various Gyms over the years, I found the boredom of machines and benches too much to sign up for another year. I came across Southside Fitness through a recommendation from a neighbour, who talked about a diverse Circuit class in the local school. By diverse, it went from teenagers to 70 year olds, male and female and all levels of fitness. Having a reasonable level of fitness myself, I didn't know if it would be challenging enough for me. I was surprised to find out it definitely was, Dave who runs the class encouraged everyone to work to their own level, but scans the group to suggest higher or lower levels of intensity for each individual depending on level of fitness. Encourage but not 'Bootcamp' style! Every couple of weeks, he'll change it up a bit by adding in a new exercise or a team game. There's lots of energy with the mix in age groups and with regular, runs, hikes and award nights, there's a great social aspect to the club. 4 years later I'm still going and recommending anyone I know to attend!

**Stephen McDonald
Cremore, Knocklyon, Dublin.**

I was jogging a few times a week and I wasn't seeing any real benefits. I then started Dave's class and saw a huge difference in my body toning. Such a variety of exercises, so I find every part of the body is being worked. Also the class suits me because it's drop in, which is great with children. There's a variety of ages, men and women, all with different fitness levels and I find it a great atmosphere for working out. Dave is really knowledgeable & always available for any fitness tips.

**Natasha Waters
Ballycullen, Firhouse, Dublin.**

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Great class, great teacher, great results. In 2012 I was looking for a circuit class to improve overall fitness and core strength, and got much more. The class provides strengthening, conditioning, fitness and toning, with a motivated trainer and for great value.

Edel Bermingham
Hunterswood, Ballycullen, Dublin.

My name is Linda Kelly and I have been going to Dave's circuit training classes since 2012. I've always been keen to keep in shape going to the gym, cycling, walking and pilates, but I found that in only three months and three classes a week nothing gave me better results than Dave's circuit training classes. The toning, muscle definition and cardio fitness were better than I've experienced in years. Also my agility and flexibility have improved tenfold. I've found Dave to be extremely keen with all participants in his classes and always there to answer any questions about diet, cardio fitness, weight lifting and even when I've been injured great advice of how to heal quickly. Dave is keen to help everyone of all fitness levels and with great enthusiasm he makes you want to push yourself EVERY minute and do your very best without you even realising it. He also varies the classes, with not one the same as any previous ones. He mixes up the circuits regularly to work every muscle group in the body and also introduced pilates and core workouts at the end of each class. I've really enjoyed the variety of exercises and the variety of people that attend the classes (all age groups) which is a reflection of Dave's talent and teaching skills.

Linda Kelly
Templeroan Downs, Knocklyon, Dublin.
086 276 6363

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I've been attending classes at Southside Fitness since 2012. Classes are always enjoyable and challenging with a good variance of exercises in each class. Participants are encouraged to push themselves and there is excellent guidance on exercise techniques. There is a good mixture of cardio and resistance training which has improved my fitness and strength levels considerably.

Mark Byrne

Balrothery, Tallaght, Dublin

I started going to Dave's classes twice per week about 6 months ago and cannot believe the improvement in my strength and cardio fitness levels in such a short period of time. The classes are really enjoyable and there is always a great variety of exercises that target lots of different areas of the body. Also Dave is really helpful when it comes to asking questions about specific areas you may want to target and will assist you with specific exercises so you can achieve your personal goals. I can genuinely say it's the first time I've ever looked forward to going to a fitness class!

Laura Waters

Cypress Downs, Templeogue, Dublin
