

“As a former athlete training is a way of life for me. I love training with Marjo because she understands my competitive nature and will push me hard, yet she’s knowledgeable about my old injuries and health issues, and keeps me safe. It’s the perfect combination. She’s also great at mixing up the workouts to keep me challenged, incorporating traditional weight training with Pilates and other core strengthening exercises. ...Marjo worked with me throughout my cancer treatment, designing the workouts to match my level of energy from day to day. I’m convinced that training with her helped me tolerate the chemo better than most.... If I’m going to be in the gym every day I want it to be fun. I look forward to training with Marjo!”

Tamar Chotzen