

San Antonio Personal Training Testimonials

"I was trained by Nick Wood in the summer of 2006 at Bally Total Fitness and I was very impressed with his routine. I have been going to Bally's and I always had personal trainers, but working out with Nick was a great experience. Nick Wood asked what I liked and tailored a routine, specifically for me. He cares about the person he is training and is committed to helping the individual reach their fitness goals. Nick personalized my workout around my goals and interests. Having a trainer, to support, push to go the extra mile and motivate me made the process more manageable. During the eight weeks I trained with Nick, I lost inches in my waist and I lost weight. Now I have a more positive outlook on life and feel better about myself. Unlike the other trainers I had Nick was also concerned on the foods I ate, and he would send me e-mails and ask what I had eaten on the days we did not work out together. I had about ten trainers and I truly have to say, Nick Wood is right on top of my list."

Victor Gil - San Antonio, Texas

"I have worked with several trainers in the last few years, and Nick Wood was the best. In my early 50s, fitness is important to me, but the mileage on the body and responsibilities at work and home make it challenging to stay fit. Nick designed a great program to accommodate my situation. He has many strengths including considerable knowledge of physical fitness, a positive and friendly attitude and a habit of customizing routines for the needs of the client on any given day. But perhaps his most notable ability is how he finds the right level to get a client to really stretch their limits without going too far. In the brief time I worked with Nick, I was able to make significant progress on fitness goals. I would highly recommend Nick Wood as a trainer and if ever in San Antonio I hope to see him for some training sessions.

Mike Aucoin - College Station, Texas

"My wife and I have been students in Nick's most recent Boot Camp. Absolutely AWESOME. We are both in very good shape and have worked out regularly for YEARS. Nick met us at our level, challenged us, and made us SORE. That's hard to do. We watched him work with people who had not been fitness buffs for as long as we and he was challenging, motivating, and fitness appropriate with them. If you wish to be serious about your fitness, Nick is your man!"

Art & Jennifer Williams- San Antonio, Texas

