

Patti Martin

"I have been working out with Maki for the past 3 1/2 years. I first started as an injured runner needing to find other ways to keep fit. I am amazed at the results and have since realized the importance of complete fitness from Maki's guidance. He is always changing and adapting workouts to my personal needs while pushing me to my fullest potential. I am so much stronger than when I first began this regular weekly workout and always look forward to the new ways Maki helps me to maintain my fitness level."

- Patti Martin RE/MAX Real Estate Agent