

★★★★★ *Alter your mind and body*

[Ala A.](#) 5 Fitness Lady Inc

I signed up with Fitness Lady almost a year ago. What impressed me the most was the staff, the facility, and the members. I could call myself a person that paid for a membership but hardly went. Well, that has changed. I challenged myself to change my lifestyle and I recruited Fitness Lady to help me with that. They have a knowledgeable staff. I am working with a personal trainer, Brianna. Brianna and Kedgy are great. They help me not give up. To quote Brianna, Its not your body that cant do it, it is your mind. We have to change that. ~ Well, we are. I would recommend this place to anyone who is ready to alter not just their body but their mind.

May 06, 2011



★★★★★ *Great Atmosphere!*

[Grace M.](#) 5 Fitness Lady Inc

Wonderful! Love the atmosphere and helpful employees!! There is always someone to help you...They are more than willing to assist each and every member, even without being on the personal trainer program. Various classes and machines for everyone's taste. Best environment if you are looking for a female only gym with one on one personal service.

April 27, 2011



★★★★★ *A new Me!*

[catherine I.](#) 5 Fitness Lady Inc

I love my Fitness Lady! Brianna is my personal trainer and she has transformed my life with respect to food and exercise. The knowledge and care that Brianna and Kedgy provide their clients with is priceless! I joined a little over a year ago - depressed and overweight - and I am a new person - a work in progress - but I enjoy everyday of my life meeting my new health and fitness challenges! Thank you - Catherine H

April 27, 2011



★★★★★ *Check It out!!*

[charlotte h.](#) 5 Fitness Lady Inc

I joined Fitness Lady three years ago with doubts...I have a heart condition and knew I was limited. Kedgy, owner/trainer, is the best!! She helped me to go at my own speed and today I am (most of the time) keeping up with everyone else. My stamina amazing me and my husband! When we went camping my husband was getting tired of cranking the camper up and I said " I got this." and I did ! Thanks to Kedgy and Fitness Lady I have a new lease on life!!

April 27, 2011



★★★★★ *My Fitness Family*

[Ginger Y.](#) 5 Fitness Lady Inc

I have been here since 1992, I decided to join because my friend Nora Ratcliff had come here and I had elbow surgery and needed strengthening. As my health changes, my needs change and Fitness Lady has accommodated my needs at all levels. My favorite exercise is water aerobics,

which is highly recommended by all of my Doctors. I just had knee surgery and I was encouraged to do some machines on the floor. I have spinal stenosis and fibromyalgia and my Doctors said "don't quit your exercise." I feel very informed and taken care of by Kedgy. I love the supervision and friendships that I have developed over the years. We do prayer requests and when I was out sick, I got so many calls and cards from my Fitness Lady Family. I love the energy and care. I always perk up when I go to MY gym! I proudly wear my t-shirt and talk about how Fitness Lady has changed my life!

April 25, 2011



★★★★★☆ *Everybody FITS at Fitness Lady*

[Sue A.](#) 4 Fitness Lady Inc

Being a member of Fitness Lady has helped me a great deal because they modified their workout program to my abilities and to my physical challenges. I started out in the water aerobics and progressed to the floor equipment. I come when the group classes are taking place so that I can observe them. I have had double knee surgery and I am able to participate in the classes with some modifications and will try them soon. I will not do the GRAVITRON but I will continue to challenge myself in all other areas of the club. I love the fun environment of which I am a part of myself. It does not matter if you are thin, overweight, black, white, pink or purple, old or young there is a place for everyone at Fitness Lady and you will fit in as well.

April 25, 2011



★★★★★ *The BEST choice for Women!*

[Danita M.](#) 5 Fitness Lady Inc

I joined Fitness Lady a year ago and it is one of the best choices I have ever made. So far, I have lost 80 lbs and made some amazing friends along the way. When you join Fitness Lady, you don't just join a gym, you join a family. At Fitness Lady you will find women of all sizes, races, ages and professions working out together and LOVING it. The facilities are great, the classes are fun and there is something there for women of all fitness levels, but the thing that really puts Fitness Lady ahead of the competition are Kedgy Larson and Brianna Larson. These two women are the heart and soul of Fitness Lady and you will not find two people who care more about you and your goals. Don't wait any more, come by or call Fitness Lady TODAY!!

April 23, 2011



★★★★★ *Fun and great RESULTS*

[Marie G.](#) 5 Fitness Lady Inc

I began working out at Fitness Lady in 2001 and loved it. In 2005 my husband wanted to work out together. His idea of working out together was breathing the same air! I was not happy with the unfriendly environment of the gym that we had joined together. I returned to Fitness Lady and the type of atmosphere that I wanted and had missed. The classes are geared to women and their needs and they are changed often to address all the muscle groups. I have lost 15 pounds since October when I started taking the classes. Brianna does a great

job with her classes both in keeping them interesting and getting results. I have found my club "home" and I am not going anywhere else ever again!

April 20, 2011



★★★★★ *Behind the scene*

[Debbie H.](#) 5 Fitness Lady Inc

I recommend this facility for anyone looking for a combination of personal attention, friendliest and knowledgeable staff, and a surprise behind the doors of the establishment. The facility includes a pool, sauna, lockers, your basic weights, assisted weight equipment, aerobic classes, stretch classes and one-on-one training that can't be beat in the area. A friend recommended the facility and it's the best thing I have done for myself.

April 18, 2011



★★★★★ *don't look anywhere else*

[toni c.](#) 5 Fitness Lady Inc

I would recommend Fitness Lady to anyone. The facility exceeds expectation in areas of concern such as machine quality and cleanliness. The staff is extremely friendly and attentive. They provide excellent group classes that compliment any fitness level. I have tried working out on my own and it simply is not the same. My workouts at Fitness Lady are more efficient and harder than my previous independent exercise attempts. The staff pushes you to reach your goals and keep your progress very organized. I have just joined and this week and I am

very pleased with my decision in choosing Fitness Lady to help me with my health needs. You really get what you pay for here and will surely be satisfied.

April 15, 2011



★★★★★ *"Cheers"*

[Donna W.](#) 5 Fitness Lady Inc

I have lost over 40 pounds since I came to Fitness Lady. I have recently had double knee replacement surgery and began working out once again. My physical therapist said I shortened my recovery time by two weeks because of the work I have done at Fitness Lady. My neighbor says I look 10 years younger. I love the fun atmosphere and I have a new attitude toward exercise. Fitness Lady is like the "Cheers" for girls - a place where everybody knows your name!

April 15, 2011



★★★★★☆ *Forever a Fitness Lady*

[Brittney B.](#) 4 Fitness Lady Inc

The reason I joined Fitness Lady initially was to begin losing weight before I have the Lap Band surgery. After I decided not to have the surgery, I believed I could accomplish weight loss on my own with exercise and diet. The Fitness Lady staff encouraged me to push myself towards my weight loss goal. I'm thankful to them for that. The other members are very friendly and encouraging. I can come here and workout w/o being self-conscious. I will forever be a Fitness Lady, because of the life-style changes they are helping me to make!

April 13, 2011



★★★★★ *I found a place to fit in!*

[Xaviera s.](#) 5 Fitness Lady Inc

When I came here I was very insecure, I did not think I could do it. I meet the staff and they are very friendly. I no longer felt like a sore thumb sticking out. After one week of coming here, I had no more pain in my arm, in which before coming here, I was not able to lift my grandson.

The staff worked according to my needs to make sure I was stronger. If I could I would come every single day, I look forward to coming!

April 12, 2011



★★★★★ *Fun!!! I found "Home"*

[Omosefe A.](#) 5 Fitness Lady Inc

I love Fitness Lady and the staff is great and very friendly and Everyone that works out there is smiley!!! I was nervous about joining a gym for the first time but Sharon made me feel really comfortable. She made me feel like I belonged here when she greeted me with a warm smile. She listened to my previous failed history of exercise and encouraged me that I would succeed this time with the help of the skilled and friendly staff. I was scheduled for 6 appointments with a trainer to orient me to the new exercise program and make sure I was successful. She gave me 3 guest passes so that I could bring my friends to workout with me. We all did a class and it was so much fun! The instructor

laughed and joked and worked us hard! I can't wait to go back!

March 30, 2011



★★★★★ *LIFE SAVER*

[mary t.](#) 5 Fitness Lady Inc

I believe God led me to Fitness Lady. I also believe it has saved my life both physically and emotionally. They have put an excitement in me concerning my health. I never cared before. I truly look at Them as an extension of my family. Kedgy and Brianna are two amazing women. They truly care and I will always love them for that Fitness Lady is the only gym to go to. They care!!!! They go over and beyond to make sure you meet your goals. Mary T

January 20, 2011



★★★★★ *Kim Alpough*

[Kim A.](#) 5 Fitness Lady Inc

This is the best fitness center ever! The staff is wonderful and very personable and so are the members , everyone knows your name & the environment is so warm and friendly, for the past 12 months I have been averaging a 5lb weight loss per month and I AM ON NO DIET , (60lbs and counting) my work outs are great, not only is Fitness Lady well equipped ,the pool, sauna, and hot tub area are excellent, I was diagnosed with type 2 diabetes last year along with high blood pressure not only am I off of blood pressure meds, my blood sugar is under control and I feel better than ever!!!, Every Lady in Shreveport- Bossier City area should be good to themselves and get a membership!

August 30, 2010



★★★★★ *A Gym that you can call home*

[tadarsha w.](#) 5 Fitness Lady Inc

I love this club. I toured several places before I joined Fitness Lady. The staff is very friendly/professional. I like the fact that it is an all women's club. The other members are also nice, it's not an intimidating environment and most members offer encouraging words to each other. It was very important for me to find a place where no matter what your size, you will be treated equal. Because this gym is just as comfortable as being at home, it makes it easier for me to commit to my fitness goals. You will always be greeted when you walk in no matter how busy it is. Kedgy Larson is hilarious!!! She makes water aerobics very fun. I will recommend this gym to every women I know.

July 11, 2008



★★★★★ *Great Place*

[Elizabeth W.](#) 5 Fitness Lady Inc

Kedgy Larson and her staff are very professional and really care about the client. Fitness Lady is very clean. They have all the necessary equipment to work out. Staff are on the floor and there to help you make sure you are using the equipment correctly. This is the only place to work out.

February 27, 2008



★★★★★ *top facility*

[Donna W.](#) 5 Fitness Lady Inc

I have been a member of nearly every fitness center in town and have not had the kind of positive experience I have had at Fitness Lady. The success I have had in losing weight, gaining strength, and developing self-confidence has been worth the commitment for the first time in my life. I highly recommend this facility. There is no other like it in this area for women.

February 27, 2008



★★★★★ *great*

[chenoa h.](#) 5 Fitness Lady Inc

fitness lady is great. Very personal. They know you when you walk in , always available for questions. They are fully equipped with everything you need to get healthy

February 26, 2008



★★★★★ *Great Place*

[sarah d.](#) 5 Fitness Lady Inc

The most comfortable and relaxed fitness environment I've ever been in. Everyone knows your name, and your progress, so you have that extra motivation to do the staff proud.

February 25, 2008



★★★★★ *Special Treatment*

[Valerie W.](#) 5 Fitness Lady Inc

Great Gym - Personalized attention - lots of information available on diet, health and exercise. They even offer

FREE seminars quarterly with lots of valuable information.

February 20, 2008



★★★★★ *New to town and Fitness Lady was my first (and best!) referral!*

[Micah A.](#) 5 Fitness Lady Inc

Moved to Shreveport just 8 months ago and while walking a trail in a nearby park one month after my arrival, I met a lady that referred me to Fitness Lady. After just two visits, I knew this was the place for me and signed up for a year! Not only is the staff professional, they're PLEASANT! Always willing to assist and guide your steps. Couple that with the Center's cleanliness, variety of fitness classes, wide array of wellness classes and the camaraderie experienced, makes Fitness Lady the place to be! If what you seek is a warm yet professional environment to take your fitness to the next level, look no farther than Fitness Lady!

February 18, 2008



★★★★★ *Fitness Lady Rocks!*

[Vangie L.](#) 5 Fitness Lady Inc

What an awesome place to get fit! This "women's only" gym really caters to it's members with seminars, exercise classes, great cardio equipment, free weights, weight machines, a pool and whirlpool, personal training, helpful, knowledgeable staff, and much more all in a clean, friendly environment. What more could you ask for?
Vangie Larkin

February 17, 2008



★★★★★ *Fantastic!*

[Angel B.](#) 5 Fitness Lady Inc

I felt truly welcome at this gym! Everyone is incredibly friendly and all the staff knows their stuff down pat. They offer all kinds of encouragement and suggestions, and I love their personalized fitness plans.

February 14, 2008



★★★★★ *Fitness Lady, Inc.*

[Cynthia T.](#) 5 Fitness Lady Inc

Fitness Lady is exceptionally clean, has more than adequate facilities and staff that is both knowledgeable and friendly. I especially like the water aerobics.

February 11, 2008



★★★★★ *Fitness Lady*

[Charlotte H.](#) 5 Fitness Lady Inc

Fitness Lady is an easy access fitness gym that is for women only...The staff and trainers and owner are very knowledgeable about fitness and health issues. I recommend this spa to all whether they need to do water aerobics, weight training, etc. I really enjoy going there and have met some really nice people.
Charlotte Harlan

February 10, 2008



★★★★★ *Exercise Your Mind and Your Body!*

[Pamela S.](#) 5 Fitness Lady Inc

Fitness Lady is the very best fitness center in the Shreveport Bossier area. It fits a niche that is so needed. While it is a womens only club, it is not a powder-puff operation. Kedgy Larson's fitness center provides a wonderful atmosphere for real women who want to get or stay fit to come and exercise their bodies while also catering to their souls. There are a number of nutrition and exercise classes to enjoy and even such unique opportunities as learning a little about your car! Many women, of all ages (teens to the 80+), come to meet friends while enjoying the clubs amenities: weight training, formal classes such as Pilates, yoga or aerobics; specialized training, often provided on an individual or very small group basis; sauna, indoor pool, and whirlpool; and the cleanest dressing rooms and showers! The trainers work with every member to establish a plan that is individualized after assessing the persons starting point. But they all go beyond the basics. Kedgy and her team knows their members personally and by name. That makes the whole Fitness Lady experience different than most. Its a personal thing. Its a family thing. Fitness Lady is a great place to come to have a good time while exercising the body and the soul.

February 07, 2008



★★★★☆ *A Great Day of Fitness*

[Janet M.](#) 4 Fitness Lady Inc

Fitness Lady makes everyday you exercise a great day.

There is a big variety of equipment, lots of classes, child care, and lots of educational seminars. No need to waste time or membership anywhere else. When you enter the door you are greeted by name and everyone feels like family and it only gets better from there.

February 07, 2008



★★★★★ *Great For Moms!*

[Jana D.](#) 5 Fitness Lady Inc

This gym was recommended to me because they have child care. I love that for two hours I can work out without worrying about trying to find a babysitter. The staff is very friendly and has created a very relaxed environment. I love the selection of machines to work on and the group exercises to join. I would recommended this gym to everyone!

February 07, 2008



★★★★★ *Highly recommend!!*

[Jenn P.](#) 5 Fitness Lady Inc

I've been a member of gyms in BIG cities throughout the country and others in the Shreveport-Bossier area, but no place compares to Fitness Lady. The owner and her staff are well-trained, smart, enthusiastic, and care about you and your fitness goals. Also, as a women-only facility, you can focus on your workout and never worry about men "checking you out." That makes a difference, right ladies?! The equipment, pool, sauna, showers, dressing areas are all top notch, and the location is awesome because it's seconds from I-20. Check it

out whatever your age or fitness goals, and you'll love it too!

February 05, 2008



★★★★★ *Just the Best*

[Mary D.](#) 5 Fitness Lady Inc

The owner and staff care about each person that walks through the door. They want you to be the best you can. Always ready and willing to help you. If you want to get fit, this is the place to go!!! They changed my life.

February 04, 2008



★★★★★ *Wonderful*

[CATHY C.](#) 5 Fitness Lady Inc

Absolutely super!! The people are the best. The atmosphere is wonderfully friendly. Everyone makes you want to be there. I appreciate their decorating the exercise area each season so that you walk in to the most pleasant atmosphere possible.

February 04, 2008