



# American Girl Wellness



*American Girl has worked with Horizon Health and Fitness since September of 2010 and our employees have enjoyed the circuit training style of the classes. Since partnering with Horizon Health and Fitness, our class participation has almost tripled and employees have found the classes' fun, yet challenging (in a good way!).*

*TJ and Andy are very motivating throughout the classes and help participants work through the tough exercises and push themselves to improve.*

*Overall, TJ and his staff have been accommodating to our schedule requests, class feedback, and always willing to adjust to participant needs.*

*Karianne Bauer  
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