

★★★★★ Hace 7 meses

I have been in Mexico for a month at Puerto Aventuras. I signed up for 1 month of exercise classes at Soul Fit - and I can't say enough great about the experience. They were very welcoming, even though I am not young and fit. The instructor, Arge, was amazing. I have taken many exercise classes over the years, but Arge stands out as being incredible. Besides the classes being excellent (but tough!), she takes the time to really look at each student's form and make suggestions and corrections as we do the exercises. She is also watching out for each student's abilities and making adjustments to exercises based on ability. Arge - you're great - thank you!