



## your centerline testimonial

*We appreciate your participation in the Centerline community—and we're so glad to work with you! We love that you'd be willing to take some time and energy to write about the benefits you've experienced. It's a gift to us, and to prospective students, who may then have a fuller picture of what's possible for them as they decide whether to join our community.*

**Please answer only as many of the following questions as you're inspired to.**

My email address\* is: \_\_\_\_\_

\*This is for use only in case we need to contact you with a question about your testimonial.

May we have your permission to include your testimonial on our website?

- Yes  
 No

May we use your name on your testimonial?

- No name, please  
 First name only  
 First name and last initial  
 First and last name

If yes, write your name as you would like it to appear: \_\_\_\_\_

May we have the option of including a photo of you along with your testimonial?

- Yes, sure  
 No, I'll skip this

If yes:

- I'll email a favorite photo to Centerline at: [movewell@centerlinemovement.com](mailto:movewell@centerlinemovement.com)  
 Contact me to set up a time to take my photo

How long have you been coming to Centerline? \_\_\_\_\_

Which instructor(s) are you writing about: \_\_\_\_\_

What 3 words would you use to describe your instructor's style? 1) \_\_\_\_\_

2) \_\_\_\_\_ 3) \_\_\_\_\_

What first prompted you to seek out Centerline? Was it something that was painful or limiting in your body? Was it a way to reach a goal? Tell us a bit about your motivating factors.

What classes/sessions do you participate in, and how frequently?

What are some of the noticeable results of your investment? How has your body changed? How have things shifted for you in terms of: movement patterns, mobility, function, strength, balance, pain levels, et cetera?

How long did it take to notice these results?

How would you describe your instructor to an interested friend?

Describe any ways in which your instructor has gone above what you would have expected, or specifically supported you.

What makes the Centerline studio vibe different from other studios or gyms? How would you describe it to someone who has never been here?

In a word or two, what keeps you coming back to Centerline?

What's been the most unexpectedly enjoyable part of your Centerline experience?

*Thank you again for your generous gift of time and energy—your support means so much!  
Please bring this completed form to the front desk on your next visit, or scan and email it to us  
at: [movewell@centerlinemovement.com](mailto:movewell@centerlinemovement.com)*

*See you in class!*  
**the centerline team**