

Chylis Cheok
(A participant of Deedee's aerobics/ Pilate lessons)

Dear Dee Dee,

Ever since I joined Dee Dee's class, I felt my lifestyle has changed drastically. I used to wake up in the noon but after joining Dee Dee's aerobics and pilate class.



I joined
Dee Dee
since
starting of
this year
and have
since



committed myself to make a point to
join Dee Dee's lesson every week. She
made me feel at home when I'm in
these lessons.

A joyous instructor indeed. She's the one who brightens up my weekend mornings. I have always believe that exercising keeps us young and healthy. I think all of us should lead a healthy lifestyle.

Exercise isn't a routine or worse still a chore... But it should definitely be part of our lifestyle...

So start exercising with Dee Dee NOW! Cheers!