

To whom it may concern,

I have known Jim Donak for over 15 years. I have the utmost respect for his deep understanding of anatomy and the science behind sustainable successful training.

He shares innovative ideas that help me overcome my limitations, challenging me in a safe environment. I have seen him teaching athletes of various levels of experience and have seen them improve consistently. He can adapt to any teaching situation.

He also brings year of experience as a body worker that come very handy in some training situations.

He is a skilled communicator and teaches in a cheerful and energetic manner.

It's a real gift to be able to take classes with Jim!



Karina Fernandez

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