

Q29 Any final words? Anything you'd like to add? General Feedback?

Answered: 36 Skipped: 16

#	Responses	Date
1	You guys are doing an amazing job and i can't wait for 2015!! Xx	12/22/2014 11:37 PM
2	Nope, all awesome :)	12/22/2014 8:37 PM
3	??	12/22/2014 3:52 PM
4	i never admit I'm wrong because I'm never wrong, however I admit I was wrong about crossfit. I thought it was a joke of a sport but it has to be the most intense training ive ever done I love it	12/22/2014 3:38 PM
5	Would like to sincerely thank Claire and Kosta for making me feel so welcome and part of the team at dignus. Having never done crossfit before i didnt know what to expect or if i would even be able to do it and their encouragement and awsome environment at Dignus is more than i could have expected. Cant wait for the next year :)	12/21/2014 9:56 PM
6	Congratulations on building up a great team and space. Love coming in!	12/19/2014 9:26 AM
7	Guys from the very first day i walked into the gym i felt part of a team, everyone is so frendly and what i found very surprising is nobody walks around with a big ego everyone is willing to help! Even after a workout everyone helps clean up even if its not there mess this is the atmosphere that creates a great gym. You guys have created a place that not only allows you to work out but it has also allowed me to meet some great new friends. I have had quite a difficult year but honestly joining the gym has had such a positive impact for me both mentally and physically. i am now finally feeling like I'm back on track and i'm looking forward to a big year with you guys and eventually I will beat Kosa in a WOD!! ha. Thanks again guys for all your hard work you are both incredibly inspirational coaches!! Keep up the good work your both killing it.	12/18/2014 9:43 AM
8	At first very different to how I have normally worked out, headphones on running/cycling/ swimming alone 4 hours. But love the atmosphere, coaches n crew. Keep it up	12/18/2014 6:03 AM
9	Kosta and Claire you are amazing keep up the great work	12/17/2014 10:41 PM
10	dooone.	12/17/2014 10:20 PM
11	Loving how dignus makes me want to come without hesitation. Loving variety in workouts especially with stuff I have never done before. Coaches are always there for you when needed. Its been an alround win for me.	12/17/2014 9:29 PM
12	Keep doing what you're doing!	12/17/2014 9:17 PM
13	Thank you	12/17/2014 8:53 PM
14	Nope pretty happy	12/17/2014 8:49 PM
15	Thanks for everything so far Claire and kosta you make working out so enjoyable x	12/17/2014 8:22 PM
16	So proud of diggy.. I remember back to your PowerPoint preso in the driveway.. You two have done an amazing job!!!!	12/17/2014 8:18 PM
17	great job keep it up guys	12/17/2014 7:51 PM
18	People ask me why I don't go to a gym closer to my house (30 mins each way to dignus)? I dont find it a hassle and love turning up each day. It is such a welcoming fun friendly environment you have created! You also both know each and everyone of us and what we are capable off which makes it personal. Its great!	12/17/2014 7:27 PM
19	I love it there! Great place to work out and has made me enjoy exercise! I love when i get something, like a PB or complete a workout well!	12/17/2014 7:15 PM
20	Do a survey every year	12/17/2014 6:55 PM
21	thanks for proving a great place where i can exercise and want to exercise so that i can be a better healthier person its a place where you can meet lots of inspiring people too	12/17/2014 5:53 PM

22	You both run an amazing gym. Joining was the best choice I made.	12/17/2014 5:47 PM
23	It would be really nice if a future social event, like a Christmas party, could accommodate more people. Especially for people that don't know a lot of other Dignus people, and if it could be in an environment where people don't have to wear a bathing suit, that would be great too.	12/17/2014 5:21 PM
24	You guys a doing a great job keep up the good work. You both are an asset to the cross fit community and really show what cross fit is all about. Slowly but surely the box will grow, you will get more equipment, bigger fan base and ultimately a perfect product. The little creases will iron out (if any) for the benefit of the community.	12/17/2014 3:55 PM
25	Dignus and the creators Claire and Kosta have taught me so much in such a short space of time. I may not be the most positive person all the time but I know ive come so much closer to what I want to become and achieve by being apart of Dignus. I know you guys are always working on making the place better every day, but just enjoy it as well. You have really created something amazing and are helping alot of people. So thank you, much love	12/17/2014 3:19 PM
26	Keep up the great work guys, I'm sure wen I stop growing you all would have helped me achieve something !I'll be proud of	12/17/2014 3:17 PM
27	hi guys have loved every second I have spent there well done you too	12/17/2014 3:13 PM
28	crossfit dignus rocks, couldnt think of any other crossfit place that would be as good as dignus	12/17/2014 2:53 PM
29	everything is awesome love the new ideas and changes love the coaches professionalism and friendliness and belief in my ability gives me the extra push to always do better and to never disappoint! our box is pretty amazing has been a blessing for me personally in exposing me to things and people i normally wouldnt im def out of my comfort zone every session but i love it!!	12/17/2014 2:44 PM
30	Kosta's abuse during the sessions is great, No joke.	12/17/2014 1:57 PM
31	Things like GHD and assault bikes would be awesome thing you see at the games that we don't have.	12/17/2014 1:43 PM
32	Love your work!	12/17/2014 1:40 PM
33	Dignus is a great box. But it would be even greater if it had booty classes hahah!	12/17/2014 1:32 PM
34	Love it:)	12/17/2014 1:16 PM
35	On-Ramp is a bit expensive but i understand why it is required before commencing classes.	12/17/2014 1:04 PM
36	I think you both do a wonderful job	12/17/2014 1:00 PM