

ROCK SOLID FITNESS

2110 Main Street, Dunedin, FL 34698
727-282-1800 www.RockSolidFitnessFL.com

March 7, 2022

To whom it may concern,

Rock Solid Fitness is a one-on-one personal training studio located in Dunedin Florida which has been positively impacting the health and fitness of our community since 2012. We have also been an externship site for Keiser University students since September 17th, 2019.

The Keiser externship students we have hosted, as a group, have been courteous, respectful, hard-working, and self-motivated. They have all meshed well with our team and been participatory in meetings, as well as demonstrating a willingness to “roll up their sleeves” and help out with team tasks.

The Keiser University Exercise and Sports Science program is having a far-reaching impact on the future of the health and fitness profession by creating quality programs for their students that incorporate not only a strong ideological and theoretical format in the classroom, but also “real world” learning through the externship experience at facilities like ours. Dawn Laverty and William Snowden are to be commended for their level of commitment and relentless pursuit of constant, never-ending improvement, all designed with only one end in mind: to create the best possible program to prepare their students to be outstanding health and fitness professionals.

Our relationship with Keiser University as an externship site has been a positive one, and we hope to continue working together to make a positive contribution to the health and fitness field for many years to come.

Please feel free to contact me with any questions.

Sincerely,

A handwritten signature in blue ink, appearing to read 'David Durell', written in a cursive style.

David Durell, MS, PTA
Co-Owner
Rock Solid Fitness Florida