

The B-defined Times

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Innovative Personal Training & Wellness

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MEET OUR NEW TRAINER Chris Ashby



"I take heart and gain strength. I run like a deer. I feel like I'm king of the mountain!"
Habakkuk 3:19

Chris not only looks the part, but he lives it. Optimum fitness is woven into every facet of his life. From very humble beginnings, as a 5'9" 110 lb. aspiring bodybuilder, the journey began to be a complete athlete. The initial goal was to add some much needed increased size and strength, requiring an aggressive approach to both nutrition and training. After seeing some success on the Drug-Free circuit of Bodybuilding, his attention to his own growing experience in personal training reached into speaking for business leaders alongside the likes of Dr. Duke Johnson of the Better Life Institute and Discovery Channel. Chris' physique earned him a tryout with a developmental company for a Professional Wrestling League in the Mid Atlantic. After more than two years of the most intense, physically demanding endeavor he's known, he hung up the trunks and boots to pursue other avenues. Those pursuits brought Chris to the Big Apple for a season where he trained dancers for J-Lo, Gucci Execs, Fitness Models, and Actors/ Musicians from Broadway to the silver screen. Now he's back "where it all began", but much further along. With his wife (of eight years) and Son at his side, Chris is tackling a second certification in Fitness with ACE, after now 12 years of Personal Fitness Coaching. In addition, Chris intends to extend his knowledge base on what has already served as the backbone to his personal fitness success in the area of nutrition, through healthful cooking. Count on Chris to show a versatility and "try anything" approach to provide all the necessary motivation, allowing those that work alongside him to feel empowered to reach their goals.

Boot Camp is back!



Tuesdays and Thursdays April 13—May 20

\$150 - Sign up and receive 2 free class cards or a free B-defined tee shirt.

Don't forget to sign up!



Series 2—Advanced Weight Loss and Optimal Nutrition

April 17 and April 24, 10:30-11:30.

Only \$25.00 for current clients and \$30.00 for new clients.

GROUP FITNESS CALENDAR

Tuesdays 5:30—6:30 pm—Body Definition
Instructor Bridgit Kin Charlton

Thursdays 5:30-6:30 pm—Body Definition
Instructor Bridgit Kin Charlton

New For Saturdays 9:00-10:30—45 min. Body Definition *followed by a 45 minute Yoga class*—Instructor Anna Bennett

Your invited!!!!



Walk with the B-defined team to raise awareness and contributions for Arthritis.
Saturday May 1, 9:00 am
Sullivan Square New Town