

# The B-defined Times

Volume 1 Issue 5

Innovative Personal Training & Wellness

February-March 2010

4801 Courthouse Street, Suite 122 Williamsburg VA 23188 757 345-6801 [www.b-defined.com](http://www.b-defined.com)

## 2010 PROMISES TO BE A GREAT YEAR AT B-DEFINED

We would like to congratulate all of our continuing clients for their dedication and hard work. We would also like to welcome our new clients who have committed to improving their fitness levels by joining us here at B-defined.



B-defined introduces it's newest trainer.

### ANNA R. BENNETT

Anna holds a Master's of Education in Exercise Science and a Bachelor of Science in Fitness Management. She is an American Council on Exercise certified Personal Trainer, and has held certifications with the American College of Sports Medicine, the National Strength and Conditioning Association, and the Aerobic and Fitness Association of America. She is also a Certified Yoga Therapist

## UPCOMING EVENTS

- ◆ **Free Yoga Class**  
March 6, 10:00-10:30 am
- ◆ **Spring Boot Camp**  
April 13—May 20.
- ◆ **Arthritis Walk**  
May 1. Be a part of the B-defined team.

## B-defined Offers Food Camp Series

Take your overall health to the next level!

### *Caroline Fornshell—Certified Nutritionist*

A series of seven sessions which address many of your nutrition and weight loss questions.

Saturday February 27, March 6 and 13th -Diet Foundations

Saturday April 17 and 24th —Advanced Weight Loss

Saturday May 1 and Saturday May 8 — Loose the Pouch

Call or come by the studio for details 345-6801. Watch for event email to follow.



## 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

Saturdays 9:00-10:00 am—Body Definition  
Instructor Anna Bennett

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And keep posted on all the  
upcoming events