

# The B-defined Times

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Innovative Personal Training & Wellness

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## HAPPY HEALTHY NEW YEAR!



Bridgit and the entire staff of B-defined would like to thank you for your dedication to the continued success of our studio. We look forward to assisting you with all your fitness and health needs in the upcoming year.

### 5 WAYS TO ENHANCE YOUR CURRENT WORKOUT

Challenge yourself by adding one, two or even three classes a week and kick your New Year workout program up a notch! Evening Group Classes Monday through Thursday 5:30 –6:30 and Saturdays morning 9:00-10:00. Call 345-6801 or come by the studio to sign up.

My husband and I celebrated our 20th wedding anniversary last May by taking a cruise. I'd always thought of myself as a "fit" person, but fell off the workout chart about four years ago.

A friend referred me to Gina French at B-defined. Every workout was a challenge. She also encouraged me to make better food choices outside of the studio.

By the time we left for our cruise, I had met my weight-loss goal—a huge accomplishment. I have more energy, sleep better and just feel better overall. Making an investment in my health and personal fitness has been one of the most important choices I've ever made.



*"It's amazing how far you can go"*



The 2009 Fish Food Drive was a great success! Thank you one and all for your contributions and congratulations **Rita Krajnk**. Rita won our raffle and receives a free personal training session and massage!.

### BALLROOM DANCE CLASSES

BEGINNING JANUARY 8

FRIDAYS 6:30PM

Call the studio for more details.

