

Our clients are enjoying the benefits.



Angela Banks

“Three years later, I am still training.”

When I moved to Williamsburg in January 2007, my exercise routine was rather haphazard. I was looking to change that—and a friend recommended Amy at B-defined. Amy exceeded my wildest expectations. Regular appointments with Amy helped me integrate exercise into my busy schedule by making me accountable to someone. Three years later, I am still training with Amy because she provides challenging workouts that deliver results. Since I began training with Amy, my overall fitness level has dramatically increased. Throughout these years I have trained in small groups with friends and by myself. In any context, Amy will guide you to achieve physical goals you did not think were possible, and she'll do it in an encouraging and supportive manner!

B-defined
Innovative Personal Training & Wellness

4801 Courthouse St., Suite 122
(located in the SunTrust Building of New Town)

Call (757) 345-6801

For a full menu of services, visit B-defined.com