

Our clients are enjoying the benefits.



The Spryns

“The boys and I have a new perspective on fitness.”

We came to B-defined early in 2010 with the goal of becoming more fit. We were fortunate to be teamed up with Anna Bennett, a personal trainer with a great smile and an even greater ability to motivate. She had an immense task ahead of her—getting us to change bad habits and maintain an exercise routine. After spending time with us individually discussing our goals, she crafted a plan and we got down to business.

Anna has a remarkable blend of knowledge, enthusiasm and creativity wrapped around the heart of a drill sergeant. No matter how difficult the task, with humor and encouragement she would get us through the hours spent together sweating, straining and working.

Harris and Mitchel have benefitted from working with Anna. She tailored our program to complement the sports they were playing, reinforcing the benefits of cross training.

At last count, we have lost a combined 65 lbs—equal to an average eight-year-old—and are preparing for our first 5K. The boys and I have a new perspective on fitness and a strong foundation to build upon. Most importantly, we have a friend who has helped us develop skills we can use for a lifetime. Thank you, Anna!

—Greg Spryn and Sons

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