



“We love you to the moon!”

Bridgit has taught us the importance of fitness and taking time for ourselves. She transformed our eating habits, worked with our individual health issues and continues to provide us with an ever-changing fitness routine that challenges the mind and body.

The *B-Defined* team is passionate about fitness. Their energy and enthusiasm creates a positive and comfortable atmosphere.

They are the real deal in a competitive industry. *B-defined* sets standards by which all personal trainers should be measured. As business owners in a small community, We understand the value of customer satisfaction.

Bridgit's dedication has helped us achieve our goals and encourages us to continue.

We love you to the moon!

—Michelle Brumfield & Annette Lindsey; BedCrafters by Michelle

Call (757) 345-6801
4801 Courthouse St., Suite 122
(located in the SunTrust Building of New Town)

B-defined
Innovative Personal Training & Wellness

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