

*“It’s amazing
how far
you can go...”*



My wife Ginny and I are typical regarding how our physiques “matured” after college. Ginny maintained her athletic shape until she had two kids and hit 40. My waist expanded year after year. By age 24 I had become a Type I, insulin-dependent diabetic.

One night, during dinner Ginny said she wanted to sign us up for a weight-loss boot camp. The next day we visited B-defined.

There we met our personal trainer, Anna Bennett, an All-American track star and yoga instructor. With Anna’s challenging yet motivational workouts and our talks about healthy eating, Ginny and I made our weight-loss goals—65 pounds combined—in time for our 30-year college reunion in October!

We have been so transformed that in December, we ran the Christmas Town Dash 8K. Our new goal is to complete the Shamrock Half Marathon.

Personal trainers do more than design your workout routine—they take the time to understand your lifestyle, identify what’s holding you back and focus on what motivates you. They challenge your limits, hold you accountable, and somehow—almost magically—become your friend. Drop by B-defined to meet Anna and the other personal trainers on staff. You will be glad you did!

—Larry Tonneson, Williamsburg

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

B-defined³
Innovative Personal Training & Wellness

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