



*Get in shape, be healthier
and feel good.*

Our goal for coming to B-Defined was to get in shape, be healthier and to feel good. It didn't take long to feel and see the changes that were taking place due to Gina's weekly routines. What really pushed our goals into high gear was her pushing us to make changes in our eating habits. Once she got us to make those changes, the weight began to drop quickly. Our whole relationship is stronger and we are happier than ever. We thank Bridgit and Gina for their dedication in making us a happy couple.

—Wick and Tammy Copland

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

B-defined³
Innovative Personal Training & Wellness

TO READ THIS ENTIRE TESTIMONIAL, OTHER TESTIMONIALS
AND TO SEE A FULL MENU OF SERVICES, VISIT B-defined.com