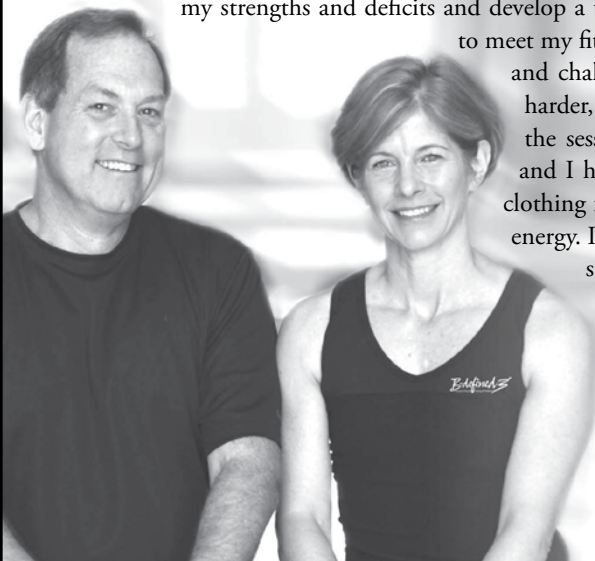


# *I WORK HARD... but the results are worth it.*

I had not been in a workout program for several years, due to work commitments, and was looking for a training studio that could return me to my past fitness levels. I did not want to just “work out.” I needed someone to develop a plan for me, someone to coach me on good form, so I was not just lifting weights around a gym with 20 other people. At *B-Defined*, Nancy Bailey was able to assess my strengths and deficits and develop a training program designed

to meet my fitness goals. She encourages and challenges me to push myself harder, continuously mixing up the sessions. My weight is down and I have built lean muscle. My clothing fits better and I have more energy. I never thought I would see such great results or enjoy working out as much as I do at *B-defined*. Thanks, Nancy.

- Gary Effemey



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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AND TO SEE A FULL MENU OF SERVICES, VISIT [B-defined.com](http://B-defined.com)