

**“WE ARE LIVING A HEALTHY,
active & fit lifestyle
THANKS TO GINA & B-DEFINED!”**



Our group of four started training at *B-defined* just over a year ago, each with specific goals. We wanted to be pushed to our limits by a trainer who could accommodate us all and make it fun to workout together.

From the first day, Gina encouraged us to reach our goals. We have seen a difference in our energy levels, muscle definition, weight loss and attitude. Gina gave us the tools to track our diet in order to make wise nutrition choices.

Gina is keenly aware of each of our individual strengths and modifies the workouts accordingly. We have also been able to relieve chronic ailments, such as tendinitis and joint pains. We feel stronger, toned, and have lost those stubborn last “few” pounds!

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

B-defined
Innovative Personal Training & Wellness

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