

Our clients are enjoying the benefits



“B-defined has helped me exceed my goals.”

Lindsay, my Personal Trainer, and Caroline, my Nutrition Consultant, have created workouts and a nutritional program that adhere to my college lifestyle. Lindsay has helped me not only lose 20 pounds, but also improve my overall fitness level. With a previous knee injury, she found a way to make our workouts fun and effective without aggravating my knee. I have seen better results than I could have imagined. The environment at B-defined is warm and welcoming. I have even become friends with many of the trainers. I would recommend B-defined to anyone who wants to change their lifestyle in a fun and proactive way. – Maura

B-defined
Innovative Personal Training & Wellness

4801 Courthouse St., Suite 122
(located in the SunTrust Building of New Town)

Call (757) 345-6801

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