

Personal Training... A Success Story

Virginia Sartin

Before

Weight: 175 pounds
Body fat: 41 %



"I had no idea how much my life would change when my husband gave me a membership to Total Woman two years ago. I've been working out consistently with my personal trainer, Lisa Huber, ever since and I love the way I feel now. I have so much more energy, I get more accomplished and I'm down from a size 16 to a size 10!" - Virginia Sartin

Look at Virginia now!

Weight: 155 pounds
Body fat: 30%



Virginia & her trainer, Lisa

"Virginia is one of the hardest working clients I've ever had the pleasure to work with. She's an inspiration to all who know her." - Lisa Huber, Total Woman Personal Trainer

*Congratulations
Virginia!
Keep up the great work!*