

Shed & Shred Program Testimonial

“I like the competition part of the class it gave me the motivation to loose weight. I really enjoy the variety of different exercises from TRX to dumbbell exercises to circuits that we do in class. I also enjoy working out with others so I am not the only one suffering. It motivates me.”

Heidi Campbell



**Before
Shed & Shred Program**



**After
Shed & Shred Program**