

SUCCESS STORY

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I have been a member of The Edge of Shelton since its opening. The staff is very friendly and helpful on all levels. My trainer Karen is the best, both supportive in my efforts to lose weight and get physically fit. Karen recommended I sign up for The Edge Challenge. In the first week I lost 9 lbs and feel much better. It is a mental commitment as much as a physical commitment. With Karen, Joe and Cindy's help, I fully expect to reach my potential.

- Jim Connor, Shelton Edge Member



*Testimonials are not intended to represent or guarantee anyone will receive the same or similar results. Individual results may vary based on a variety of factors.