



EMPLOYEE SUCCESS STORY

As trainers, we always talk about how important diet and exercise are to a healthy life. I decided to take part in a physique competition to inspire my clients. Everyone has something they can improve on, and with focus, determination, a plan, and support system, you can achieve anything!

The trainers at the Edge of Trumbull are extremely diverse and although my background specializes more in Pilates, core strengthening and stretching, I knew Eric's programming for fat loss and Rob's background in sculpting and physique were needed for my show preparation

During the 4 months of training, with Eric and Rob's help, I managed to drop over 12% body fat while maintaining my weight and completely transforming my body. Most importantly, I gained confidence in myself and now I walk taller knowing that I achieved my goal and had great coaches and support throughout the entire process. Having a trainer holds you accountable.

We are here to help you reach your goals, no matter how big or small. Take their advice and you too can look and feel your best!

Kelsey Maiolo

**PERSONAL
TRAINING**

**THE EDGE
CHALLENGE**
LOSE BIG 2 WIN BIG

**EDGE
STRONG**
TEAM TRAINING

dotFIT
GROW STRONG.

*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.