

SUCCESS STORY

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After years of excuses and a doctor's recommendation to lose weight, I joined The Edge Fitness Clubs. I started working out on my own and I wasn't getting anywhere, so I decided to try Personal Training. In December of 2015 I started training with Matt Hannon and it was the best decision that I have ever made. Along with my training, he set me up with a long term supplement and meal plan. With Matt's guidance, completing The Edge Challenge, and participating in Edge Strong classes I was able to lose over 50 pounds in 6 months and have never been healthier. I could not have succeeded without Matt's help!

-Kim Murphy, Hamden 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.