

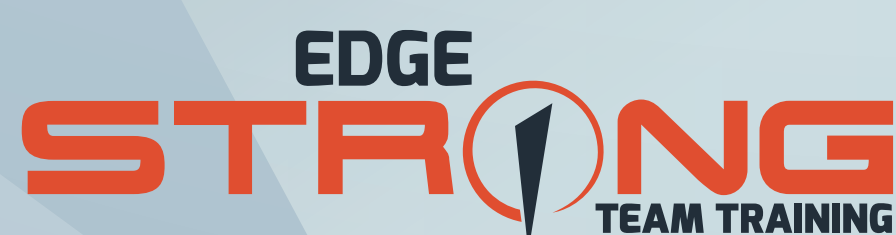
SUCCESS STORY

at the



I started training at the Edge Fitness Clubs in February 2015 at 228 lbs. Before my first session with Rose I was terrified. I knew how out of shape I was, but Rose was funny, smart and energetic, showing me how exercise can be fun.

Losing weight is not easy, it takes a lot of time, energy and will power, but it certainly pays off. It does get easier, you have to think of the benefits and never give up! After a year of training I am off my cholesterol pills, and feel great, both physically and emotionally. I could never do it without all the Edge Strong Trainers and my Rose! We built a friendship that hopefully will last for a long time. The Edge is a big happy family, always willing to help. That's the kind of support you need when you're trying to get healthy. Thank you Rose for all the help, support and hard work, and for changing my life!



*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.