

Last year I began training with Mary Beth and I am still training with Mary Beth. In that time she helped me train for my first half marathon. Not only did I finish, but I beat my goal time by over 20 minutes! I know that the strength that I have gained by working out with her helped me to run the best that I have ever run. But she really takes training a step further. My balance and flexibility is better than it has ever been. I know that this has also helped me tremendously with my running.

Mary Beth actually makes me look forward to going to the gym. I know that she will always have new things for me to do so that it never gets boring. And now for the first time I can say that I have stayed with a workout program for more than 6 months and do not plan on stopping any time soon. Because of her I am looking forward to running in more half marathons and to improving my time even more.

I highly recommend anyone looking for a reason to commit to working out to call Mary Beth. I promise she will not only get you in great shape, but you will actually have fun doing it!

Hi,

I saw the article on the bulletin board saying to send in stories about personal trainers. I have attached something that I wrote about Mary Beth because I think that she is the best personal trainer out there!

Thank you!
Amanda Laster