

MEMBER OF THE MONTH



STATS

WEIGHT LOST : 40LBS
BF % CHANGE : 8%

Nicolette Martin MAY MEMBER OF THE MONTH

"I bought a t-shirt that reads "trainers that say just one more are the reason I have trust issues!". That is Ray. He'll push you harder than you'll ever push yourself and happily accept your dirty looks. (and words!). We built a rapport, and I'd recommend him to anyone. He is the voice inside my head lying to me when he says "just one more!""

- Nicolette Martin



Ray Shoulders FITNESS PROFESSIONAL

"Nicolette Looks and feels like a new person. She works really hard through every set and every rep. She complains with a smile but she still does everything that I show her and she lets me know how she is doing throughout the week. Even with how amazing she looks now, we will set new goals and look even better in the future. I am so proud of what she has done and I am proud of the work we put it to better her results."

- Ray Shoulders