



Client of the Month

Shelley Coleman

Shelley Coleman has absolutely TRANSFORMED her body since she has started with Fitness Together. She has dropped 30 total pounds and 5 sizes (her hips have been reduced by half)! Shelley is an avid runner, and recently finished a 5K in her best personal time. She flies! Shelley has completed 4 half marathons and multiple 10-milers!

Another major accomplishment; Shelley can hold herself in the crow posture - a yoga pose where one's body is completely balanced on her arms. She has been open to all realms of exercise, and once Shelley puts her mind to something, she accomplishes it! Did we mention that Shelley has a full time job and three small children and has maintained a consistent workout schedule for three and a half years?? Can you say....WOW! How inspiring!

"You can do 10 more of anything." - Shelley Coleman



October