



B-DEFINED ANNOUNCES TWO NEW PERSONAL TRAINERS

WILLIAMSBURG, Va. (May 9, 2008) – B-defined Innovative Personal Training and Wellness, located in the SunTrust Building in New Town, welcomes two new personal trainers to their experienced, professional staff.

Lindsay Williams is a certified personal trainer through the American Council on Exercise. She plans to pursue a Master's degree in Kinesiology and become certified in Adult Weight Management. Through a thoughtful and personalized exercise program, Lindsay will help you achieve your fitness goals and have fun while doing it. She can alter her training methods to maximize your performance, enjoyment and success.

Nancy Bailey is a certified personal trainer through W.I.T.S. and the American Council on Exercise. As a busy professional, she understands the challenges of balancing a career, personal and family responsibilities with finding time for one's physical and mental well-being. Nancy works with clients of all ages and will create an individualized training program for you to incorporate exercise and fitness as part of your daily routine.

To learn more about the services they can provide call the studio at 345-6801 or visit our web site, www.b-defined.com.