



 **TRAX TRANSFORMATIONS**



Tammie Overton

I have lost 35 pounds and 3 sizes while gaining strength and energy. I attend Group Fitness Classes with Karen Blazeff, Becca Marino, Allison Dehner, Catherine Woodard and work with a personal trainer; Michael Peterson. My goal is continued improvement and I hopes to motivate my family to do the same.

When I first started my goal was to lose weight and exercise more. Some of my initial goals have been met and others continue to change as I strive to constantly challenge myself to improve even more and keep exercise fun.

Healthtrax Raleigh is a great facility- always clean and well maintained. There is plenty of equipment and so much is offered with Group Fitness Classes, Small Group Personal Training and Personal Training. Great for the whole family!