



SUCCESS STORY

Injury kept me from getting back into a workout routine, until ALLOY Training.

I have not been able to workout consistently for about 6 years. The longer time passed the worse I felt. Physically, I was not able to workout as before and as time passed I become more stressed, tired, weak and discouraged. It perpetuated itself.

For some reason or another we all have excuses for why we don't get into the gym. For me, it was injury and putting everything else before myself.

Then I tried the new Alloy training at CBRC. Alloy is circuit interval training in a group setting. Within the first two weeks of starting Alloy I could tell I stood taller, breathed better, and felt better in general. Results were rather quick and evident in my situation and continue to be.



JEN T.

ALLOY Training offers me an opportunity to come back gradually, without the feeling of overdoing it or doing too little. The group atmosphere offers a positive environment with upbeat music, a little competitive atmosphere if you want to make it so, and different trainings each week to keep it fresh. Experienced trainers monitor every workout, watch form, and motivate. I am not just doing the exercises I am comfortable with but exercises that strengthen the body all around as well as work on stability.

My knee pain is gone as I have gotten stronger and as I continue to be diligent about foam rolling my sore muscles.

Since I started 6 weeks ago, I have progressed to a new level of ALLOY, being able to challenge myself more in class and I have noticed my clothes fitting better.

But even more importantly, I FEEL better. Stronger. And it is noticeable.

I cannot begin to explain how good it feels to be back working out and feeling fit.

Thanks to Morgan and the training crew for introducing ALLOY and helping me on my road back to physical fitness. If you are looking to get back in shape or just feel better in general try ALLOY!