

SUCCESS STORY



Susan Arneson

Trainer: Tiffany Malone

Getting a personal trainer was a life saver!

I started working with Tiffany Malone as my personal trainer at CBRC in July of 2013. I tried several weight training programs and because I had a few automobile accidents I would reinjure myself. I wanted to strengthen those muscles and build some mass. My massage therapist referred me to Tiffany, and she has definitely helped me achieve my goals. I'm positive I never would have been able to do it without her, and I even enjoy the challenge!

Tiffany is supportive, encouraging and helps me push myself while keeping my safety as a priority. I highly recommend her to anyone who wants help to achieve their fitness goals.