

Mario & Tina Barbosa

"Set realistic goals and a realistic time frame. Do not measure results on a daily basis as you could get discouraged."

Mario and Tina Barbosa are Solana's newest inspiring members couple of the month! Mario and Tina have been members at The Solana club about 6 months and have experienced improved endurance, weight loss, body fat%, inches from their waist, motivation and overall better health.

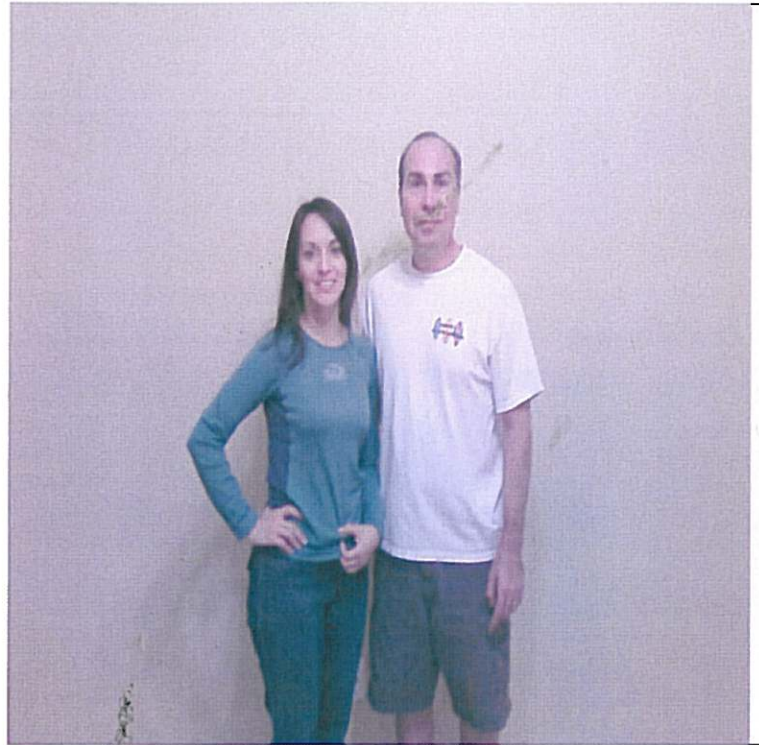
They both enjoy that The Solana Club is centrally located between their job and home and the staff /personal trainers are always present, friendly and helpful.

Here is what Mario and Tina had to say:

(Mario): I have been working out on and off for over 25yrs and found myself bored with my routine, not as committed to coming to the gym and not getting results. I hired Dana as my personal trainer and she quickly evaluated my routine and goals. She customized a new routine which got me excited about coming to the gym and different exercises helps in getting over plateaus to reach additional results. With only 6 sessions she helped me lose 2 inches off my waist and more importantly I lost 4% body fat.

(Tina): A few weeks after joining The Solana Club I also joined Bodie's Swat class. Just after two short months I exceeded my goals. I dropped one dress size and -from a 3 to a 2, firmed up, and got the muscle tone I was looking for. My endurance has greatly improved, I also have a higher level of confidence. Bodie, who teaches the Swat class, is an exceptional trainer. He knows our individual goals and encourages us to strive to exceed them.




Their motivational words would be to set realistic goals and a realistic time frame and do



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Member since June 09

WORKOUT

-  4 days per week
-  2 days for cardio and 2 days for resistance training
-  Fight class on Saturdays and boot camp Class