



Tarah

Fit Body Fit Mind of Brighton has been instrumental to my success at losing weight post-pregnancy. After having twins, my body had lost all muscle tone. In the last few months of my pregnancy, I had gained so much weight I could hardly walk. I started boot camp classes as soon as it was safe to do so, and I have been beyond impressed with Kim and her ability to work with people at all skill levels. She showed me modifications to all of the exercises, I couldn't even do one sit-up before coming to boot camp! This is the perfect class for anyone who wants to have fun, in a judgement free class for anyone at any level. I still have quite a ways to go, but have to say that I feel stronger and more empowered after each boot camp class. This class is amazing and the people are encouraging and wonderful to be with. Thank you Fit Body Fit Mind for helping me feel like myself again!

