

Kristin Capizzo

Since Kristin began training she has lost 16lbs and 3% bodyfat!

Participating in the classes here at the BAC and working with Ron helped me get great results and achieve my goals in just three months.

I feel like I am in the best shape I've ever been in! I attribute these quick results to the great nutritional advice and personalized physical program that kept me motivated and interested in working toward my goal.

With Ron's help I felt encouraged to push myself to the next level. The experience overall was challenging and fun.

