

Randy and Wendy Verlin

Member Success Story

With our daughter's wedding coming up, I prepared by buying a full body Spanx. My husband Randy prepared for the wedding by buying us a dual personal training package at West Hills. After ten weeks I was 13 pounds lighter and never took the Spanx out of the package.

A year and a half later our daily routine includes a trip to the gym and bi-weekly dual training sessions with Dusty White. The training sessions have become a fixed budget item and an integral part of our life. We have made our own health and strength a priority. Working out twice a week with Dusty is a privilege and luxury I don't take for granted. The physical changes that have happened to us under Dusty's tutelage are quite noticeable.

I have lost 25 pounds and 6 inches in my hip measurement. My pants have gone from a size 12 to a size 4. Randy has lost 50 pounds and his pants have gone from a size 40 to 36. We are both stronger and thinner. We have more energy and stamina and have more fun shopping for clothes.

For me the gym is a completely stress free environment. You walk through the front doors with anxiety from your day and can work it off on the machines. You leave feeling refreshed and de-stressed. There is a mutual respect among the trainers and members, no matter your size or age, for the amount of work it takes to get into shape and then stay there.

"I'll meet you at the gym", is a common phrase at home and work. Dusty (personal trainer) plays a huge role in all of this. He supports our weight loss efforts and provides the strength training workouts that have reshaped our bodies. Dusty keeps us motivated, keeps our muscles fatigued and keeps it fun.

I don't know what it says about us, but a good physical butt kicking is the highlight of our week. That is the power of Dusty I guess.

AFTER



BEFORE



Personal training did wonders for us!

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