

Hi....my name is Randy. I am a 55 year old resident of Brunswick and have an annual membership to the Brunswick Community Recreation Center. I have been coming to the Rec Center for over a decade and have been enjoying all that it has to offer me and my family. I was fortunate to meet Mike Karban of Totally Toned Personal Training a few years ago in the fitness center during a training session with a client. I will say that one meeting has changed my life dramatically.

Mike Karban is a people person. I was extremely impressed, excited, and motivated to get started on a fitness program with Mike after spending some time talking with him. Mike understands, to the personal level, what people are looking to try to accomplish in the fitness center. I was always reluctant to use the equipment and the free weights in the gym on my own. At my age it is intimidating not knowing what I should or should not be doing. Having a personal trainer is more than just getting instructions in the gym though....it's a way to build confidence, consistency, and endurance while being professionally guided and guarded from injury. Also, you will be guided on nutrition and sleep. It became clear very soon that Mike, and Totally Toned Personal Training, would be the key to my success in the gym, and for my overall health.

Here we are over three years later and my feelings have not changed one bit. I have worked with all the trainers of TTPT. Mike has top notch people on his staff. My current trainer is Garrett Schmidt who I have been training with for over three years!! .. Garrett has been so motivating that I have missed very few workouts. I come even when I feel bad and leave feeling great. Goals are set by Garrett and we work hard to obtain them. I really am amazed at the gains I have made. Most importantly thoughI FEEL GREAT!!! I am in the absolute best shape of my life....at age 55.

I am so glad I signed on with Totally Toned a few years back. I love coming to the gym and working with my trainer. I know that I would never have worked this hard, or got these results, on my own. I want to thank Mike and Garrett for getting me to where I am today on my fitness level. My doctor has nothing but praises for how I have helped my overall health. THANKS TTPT !!

Randy B
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