

I have been training with Mike Karban and the Totally Toned Personal trainers since the end of November, 2013. Words cannot express my gratitude for Mike, Garrett, and Meredith. They are truly professional, dedicated, passionate, and committed to your success in meeting your health and fitness goals.

Mike is extremely supportive and he is an amazing motivator. With every workout, he brings a lot of positive energy and makes them fun! As I became stronger, he continued to challenge me with new exercises and goals, and instilled in me the discipline I need to continue to improve myself. I work very hard to demonstrate my ability to meet and exceed those challenges. Last fall, I had a broken collarbone. Mike continued to work with me throughout my healing process. He modified our sessions through my 8 weeks of healing, keeping me motivated and on track so I wouldn't be discouraged because of this setback.

Although our workouts can be intense, they are paying off. I have lost close to 100 lbs. working with Mike and many, many inches overall. What a rush it is for me to see how far I've come since my first workout with him! I have accomplished so much with Mike's guidance. It is truly a team effort, and he is an awesome coach!

If you want to get toned, fit and healthy, and have fun while doing it, I would highly recommend the trainers at Totally Toned Personal Training. Mike, Garrett, and Meredith are amazing and will make it happen for you! They will change your life for the better!

Donna W