

*Fitness Mogul...*

# REAL WOMEN, REAL STORIES



**“** *My name is Nicole and you may know me as your barista at Casciano's. This is not my first journey down this road of weight loss. At one point I was going to the gym 2 times a day 6 days a week, and just didn't loose the weight, so what is the difference now? I was challenged when I saw my mom lose 36 pounds with Rachel Schoenstein from Fitness Mogul. I thought to myself if she could do it at 48 years old why cant I do it at 24. My mom asked me to go with her to Fitness Mogul one night, and since then I must say I haven't been disappointed. There is a variety of classes, and within every class she does each exercise with different levels (Easy, Medium, and Hard) so that you can determine which suits you best, and she pays attention to detail. All of this blew my mind because you could tell that she genuinely was concerned about each and every individual that was working out. I am 4 weeks in and have lost over 6 inches total! Follow my progress on my blog at <http://nicoleraevivirito.com/>* **”**



  
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