



Stephanie Kleman

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At Underground Functional Fitness we call them "hobby trainers". You will find them at big box gyms telling people to pump iron and getting them nowhere. Ask Stephanie Kleman and she will tell you first hand that her previous "hobby trainers" had "no concept of nutrition or keeping [her] on a lifestyle". They say three's a charm and that must be the case for Stephanie. After two failed attempts with personal trainers, she tried one last time in September 2008 and found Underground Functional Fitness's own Aaron Chaltry. "Aaron listened to my complaints, worked with me to figure out what changes I wanted to make and helped me accomplish those goals. I was extremely happy with the results and the level of work Aaron had me doing, I became addicted to his methods" says Stephanie.

Stephanie's hard work and perseverance helped her lose 30 pounds and drop four dress sizes before her wedding in May. She not only has taken on a whole new look, but also a whole new lifestyle. She took up running, something she says no one would have ever caught her doing in high school or college. Two weeks after her wedding she ran the Bellin Run and another 10K in July. This month she plans on running a 4-mile race and will be doing the Fox Cities 1/2 marathon in September. "It's exciting to meet my own goals, but what makes meeting my goals even better is to have someone there who believes that you can attain those goals from the beginning and gets just as excited as you when they are achieved," says Stephanie. "I feel incredible after each workout and continue to be impressed with their professionalism and excitement for each individual client.

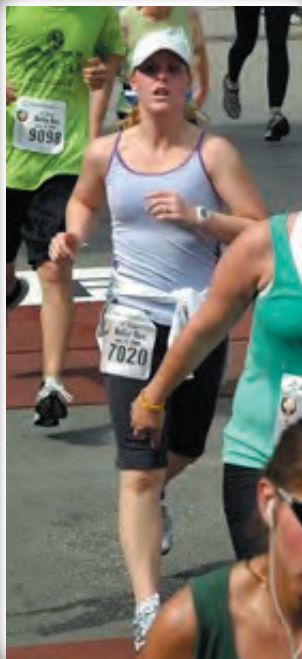
Stephanie says that besides marrying her husband, working out at Underground Functional Fitness has been the best decision she has made. "I am definitely a healthier and happier person. I enjoy telling people how I got here. It's crazy how trying on clothes now is fun because the sizes keep getting smaller instead of bigger. I love the challenge and the confidence I have gained while going through this process at Underground!"

Stephanie is employed at Associated Bank in Green Bay. She and her husband enjoy biking and golfing and spending as much time as possible outdoors.



Before After

Photo taken by David Jackson



Running the Bellin Run