



**My name is Bethany Weaver. I'm the owner of Railside CrossFit, and my passion in life is helping people live healthier lives.**

**I'm a Registered Nurse and a mother of three, so I know how hard it can be to make time for yourself. At age 30 I was 100 pounds overweight, an alcoholic, and I was miserable. Then I found CrossFit.**

**CrossFit transformed my life in ways I never thought possible. At 41 I'm healthy, I'm happy, and I'm in the best shape of my life. I have CrossFit to thank for this.**

**COVID19 changed the direction of my career and taught me the importance of living a healthy life. At Railside we combine my medical knowledge and fitness expertise to help you become the best version of yourself, inside and out.**

### **Services:**

- **Group fitness classes**
- **1:1 Personal Training**
- **1:1 Nutrition Coaching**
- **Mobility Coaching**
- **Wellness Coaching**

### **Certifications:**

- **BSN Nursing- Texas Tech**
- **Precision Nutrition Cert**
- **CrossFit L1**

- **5AM Class for busy professionals**
- **AM and PM Classes**
- **1 week free for Sherman ISD**

# **20% off for Teachers, Students, and Faculty**

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