

# Personal Training On Line



Location **Wales, Mid Glamorgan**  
<https://www.freeadsz.co.uk/x-560128-z>

Looking for a Personal trainer in your local? GM-Fitness can help.  
 Find a online coach or personal trainer to help you maintain focus and keep you on track?  
 Are you looking for motivation?  
 Do you need help maintaining positive results?  
 Looking for a coach or personal trainer to keep you on track?

GM Fitness have a combined experience of over 20 years helping people like you achieve their goals. When it comes to health and fitness we understand that you cannot have a one size fits all approach, people are as unique as your finger prints.

We understand that normal life can be an obstacle for success without the proper planning and direction.

We at GM Fitness understand people have unique needs and obstacles to overcome. Exercise is one of the most effective way to reduce your health risks and improve your well being.

How Make The Most Out Your Health and Fitness Goals

Simple Tips To Success .

Decide upon your goals put them in writing so that they are real, and not just a mental to do note.

Make yourself solid reminders, write yourself fridge notes, pin up inspirational images or quotes- use every motivational tool at your disposal to help you achieve daily tasks, reinforce why you are doing what you are doing and your reasons behind it.

And always remember keep it fun.

Make realistic, easily measurable targets and set yourself a time frame.

Identify your needs and the services that you require.

Find a local

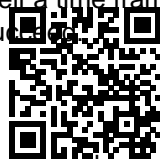
GM Fitness in your area, surrounding

You can find us at various locations around Cardiff please check our website for details.

Looking for a personal trainer to come to you?

Find a Personal Trainer online, we are available worldwide via appointment.

Enjoy all the benefits of having a professional personal trainer working with you from the comfort of your home or remote location.



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#### Why Choose Personal Training Online?

We have thousands of hours and hundreds of happy clients who enjoy the benefits of on line personal training, if you want more out of your workout sessions but don't like the idea of joining a gym then this is the perfect solution for you.

No Travelling, no busy gym, no traffic, just 100% effective efficient workouts for you and your goals.

#### WHY CHOOSE GM FITNESS?

We have male and female experienced professional coaches and personal trainers.

We have a proven track record in helping people reach goals.

We endeavour to keep you safe, focused, and motivated while engaging in the most effective programme to suit your individual needs.

We pride ourselves on our happy and satisfied customers, welcoming everyone with a warm friendly demeanour.

#### Products & Services

GM-Fitness Services / Fitness classes

Aerobics

Athletics training

Body toning

Body building

Boxercise

Body Tone and sculpt

Boxing lessons

Cardiovascular training

Circuit training / Circuits

Core training

Fitness instructors

Fitness training

Flexibility

Gyms

Gain muscle

Group Training

Marathon Training

Mixed Fitness Groups

Personal Training

Pilates

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Keep Fit  
Kettle bells  
Spinning classes (Spin)  
Sports coaching

Running clubs  
Healthy Lifestyle planning  
Health clubs  
High Intensity Training (HIT)  
Health spas & resorts

Outdoor fitness  
On line personal training / personal trainer  
One to one personal training /personal trainer  
Weight loss  
Weight management  
Weight training

Nutritional plans and advice  
Improve core strength  
Improve posture  
Improve back strength  
Yoga

Physical Location  
City/Town: Cardiff  
Contact: 0753 490 1132 0753 490 11...(click to reveal full phone number)  
Visit us for more information: [www.gm-fitness.co.uk](http://www.gm-fitness.co.uk)

Category: Personal Trainer in Cardiff  
Health Club in Cardiff

Opening times  
Open now  
Mon 6:30 am - 8:30 pm

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Tue 6:30 am - 8:30 pm  
Wed 6:30 am - 8:30 pm  
Thu 6:30 am - 8:30 pm  
Fri 6:30 am - 8:30 pm  
Sat 6:30 am - 8:30 pm  
Sun Closed

Payment Methods

Visa

Mastercard

Maestro

Solo

Cash

Credit Cards

Paypal

For More Information Please Visit: [www.gm-fitness.co](http://www.gm-fitness.co)