

Mobile Personal Training FREE CONSULTATION amp HEALTH ASSESSMENT - Profes



Location North, Tyne And Wear https://www.freeadsz.co.uk/x-174741-z

BUILDING a STRONGER, FITTER and HEALTHIER BODY to LIVE IN.

Sports Specific & Online personal training now available Also 1/3/5 Day Detox Plans & Nutrition Plans

Want to LOSE WEIGHT and BODY FAT? Want to TONE UP & be STRONGER? Want RESULTS but don't have the TIME, CONFIDENCE or MOTIVATION to go to the GYM? Want to be in an environment you feel COMFORTABLE in? Want to take your training to the next level? Need a new CHALLENGE? Want to improve in your SPORT?

Then don't hesitate to BOOK a *FREE no obligation CONSULTATION & HEALTH ASSESSMENT* Rebuild Personal Training - Richard Birkett can INSPIRE and HELP you BUILD the BODY you want.

Whatever your AGE, ABILITY or FITNESS LEVEL i'm here to HELP you achieve your ultimate GOAL!

It's Fun, Friendly and for all ages and abilities (14 years +).

