

# Personal Training, to keep you fit, healthy and motivated (25 GBP)



Location **South East, East Sussex**  
<https://www.freedasz.co.uk/x-215384-z>

Hello, Firstly let me introduce myself. My name is Sarah, I live in Brighton and have been now for 9 years. I am a level 3 personal trainer, working freelance and have access to gym space at the Hilton and Racecourse. I am offering 10% discount throughout December and January, normally I charge £25, I am also offering 2x hour sessions for £40 :) I also give a free consultation, to find out what you are hoping to achieve and what your lifestyle is currently like. Please contact me for more info on 07713631500 or fitnesscoachsarah@hotmail



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