

Personal Training in Tunbridge Wells



Location

South East, Kent<https://www.freeadsz.co.uk/x-270596-z>

At Mark Tozer Personal Trainer my training sessions include a variety of exercises to keep your sessions challenging and as importantly, FUN. Programmes are designed to use your own body weight as well as additional weight when performing functional training to ensure movement in all directions as the body was designed to. My background stems from Martial Arts so at some point you will stick on the boxing gloves for a great padwork session I am based at PureGym in Tunbridge Wells. Visit www.fit-twells.wix.com/mypt for more information and book a FREE taster

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