

# Personal Training Core Tech Fitness (15 GBP)



Location

North, Tyne And Wear

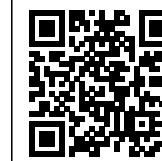
<https://www.freeadsz.co.uk/x-275496-z>


My name is Akil. I'm a personal trainer/owner of Core Tech Fitness. Core Tech Fitness Ltd is an exciting new personal training company which was established in 2013. The company is committed to providing a professional service to all our existing and new customers. I have several programmes with which to work with, to improve all aspects of your health & fitness. \* Weight training for muscle growth/weight maintenance. \* Stretching/Flexibility training to aid your posture, stability & balance. \* Core strength conditioning which comprises of body weight exercises with resistance equipment ie: Medicine ball/Swiss ball, Dumbbells/Kettle-bells etc to improve your all round strength & fitness. You can find out more information via my website of what I have to offer including prices, times & services.

<http://coretechfitness201.wix.com/ctfaj> The first session is Free!

The session consist of a fitness assessment to asses your current level of fitness, a questionnaire; taking into account any current medical conditions or constraints you may have. Also at Core Tech Fitness I have a booking system YouCanBookMe.App which allows you to book your free session at your own convenience..Day or Night!

(Please see Core Tech Fitness website for details). If you require any further details then I would be more than happy to talk to you. Please contact Akil: 07507133050 <http://coretechfitness201.wix.com>



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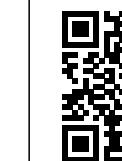
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