

Personal Training....Private Training Studio...



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-319480-z>



FREE CONSULTATION... 30 DAY MONEY BACK GUARANTEE IF NOT COMPLETELY SATISFIED...
 TRY ONE OF MY 30MIN BURN-OUT SKYPE SESSION FOR FREE... Discount offer @ REVIEW
 FITNESS for ex-servicemen, women and family: 10% discount for sons and daughters 20% discount for
 wives/husbands/civil partners 50% discount to all ex-servicemen and women..... Limited
 availability..... As a Personal Trainer, my aim is to help people improve their physical fitness. With
 some hard work, structured training & nutrition we can meet their goals. By the time people get to my
 website, they are completely frustrated with the way they look and feel. Looking in the mirror, not fitting
 into clothes, getting teased at work, or simply feeling tired all the time are all common issues I hear from
 new clients. I understand that working in today's stressful fast pace job market has made losing weight
 and getting into shape seem virtually impossible. I used to work in retail clothing and I know how hard it is
 to lose fat and to tone my body while working 40 to 50 hours a week. It can be really tough. But yes, with
 the right tools it is possible to work as much as you do and to completely reshape your body.....
www.reviewfitness.co



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