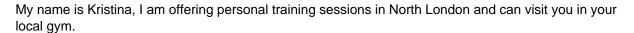


Personal Gym Trainer (50 GBP)



Location London, London

https://www.freeadsz.co.uk/x-445379-z



Whether you want to shed a few extra pounds or tone up -I will create a fitness plan to suit your individual goals and fit your life style and schedule. I work with both men and women.

I will do my utmost to make you feel comfortable and relaxed and guide you step by step through proper equipment use, correct exercise routines and make it a fun exciting experience.

After I assess your individual goals, lifestyle & schedule, I will tailor a personalized fitness plan that will help you get the results that you want.

What you will receive:

- 1-2-1 personal training (or group appointment available if you want to work out with a partner).
- Nutritional advice to achieve long lasting sustainable results.
- On-going support and information.
- Visits to your local gym complete with cardio / weights / resistance equipment.

Prices:

