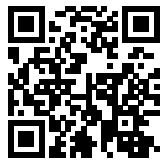


Personal Gym Trainer (50 GBP)



Location

London, London<https://www.freeadsz.co.uk/x-445379-z>

My name is Kristina, I am offering personal training sessions in North London and can visit you in your local gym.

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.

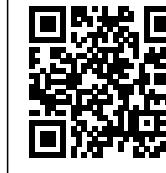
Prices:

One Hour 1-1 Personal Training Session £200.

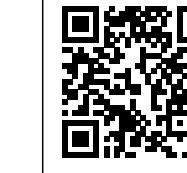
Ten Hour Block Booking 1-2-1 Training £400.

If you have any questions or queries please do not hesitate to contact me;

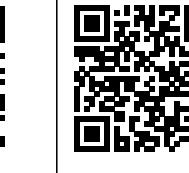
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Personal Gym Trainer



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