

# Professional, Qualified Personal Trainer in Brighton, based at Alive Gym in the centre



Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-483307-z>

I'm a qualified Personal Trainer based at Alive Gym in the centre of Brighton. Start 2017 on the right foot, are you looking to lose weight, gain muscle, get in shape, whatever the reason, there is no obligation to sign up. I'm the sort of personal trainer that will motivate you, push, guide you to your goals. Personal Training is about you, and that is the key thing, your health, your life. I will plan your workout programs, record the information for you, and keep you updated with the progress that you're making. I will give you basic nutritional advice, and I'll always be on hand to give you advice on your journey. Contact me Today to start your.



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