## **TODAY- Personak Training**



Location South East, West Sussex https://www.freeadsz.co.uk/x-491340-z

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Start your journey today with TODAY-Personal Training

TODAY-Personal Training is based in the centre of Brighton.

1:2:1 sessions, 12 week transformation program, whatever your goals, get in contact with TODAY to put them in motion.

Personal training is about you the client, and helping you to achieve the goals that you set yourself. I will work with you throughout, designing fitness programs, motivating, and giving you support throughout your journey.

TODAY-Personal Training Prices £30 per 1hr session £250 for booking of 10 1hr session

Small Group Training- If you would like to train with a friend, contact me to discuss your needs and prices. Like page on Facebook and contact me now for more information. www.facebook.com/TODAYPersonaltraining

About me:

I've lived in Brighton for +10 years, I've worked in retail management before finding myself in the fitness



qualification for Fitness Instructor level 2 in 2014 with Lifetime.

Once completed I signed up for Level 3 Personal Training and qualified in August 2015 with Lifetime. I was told that I would never run a marathon again after my cardiac arrest, in 2015 I completed the Brighton Marathon 20 minutes faster than my previous attempts. I have done Spartan Races, and I like to challenge myself for example How many press ups I can do in an hour, so far I have done 1033. For me TODAY- Personal Training is about taking that first step, and to give people confidence, and support in their training needs!

So I challenge you to start your journey!