

Personal 121 Fitness Training (starting at only 20 per hour)



Location **South West, Avon**
<https://www.freeadsz.co.uk/x-503002-z>

'Streetenvy Dance & Fitness Academy' is proud to provide a personal one to one fitness training session for either one or two people. Our PT (personal training) sessions are held at our studio near Ikea, Bristol with plenty of free parking and in a private studio with no disturbances. Benefits of our personal 121 fitness training sessions whether male or female (age 16+ only): - privacy while working out; - instructor present at all times to ensure a safe environment; - weight loss with a laugh; - easy methods for toning/conditioning and muscle building; - friendly instructors; - professional instructors with plenty of knowledge and experience; - CRB and PL insured instructors; - hopefully a great smile and feel-great-factor upon returning too! As recently seen on a t-shirt ... "Sweat is just fat crying!" How the session works... We begin the hour with a basic consultation of healthy eating and lifestyle to accompany the workouts; It is very important to warm up our bodies to avoid injuries; Cardiovascular-based circuit training (fun activities to entertain the mind while burning those calories); Free weight/body conditioning to tone your core, chest, biceps, triceps, legs and shoulders (all the major muscle groups – focussing on the muscles you prefer); Just as important to warm up as it is to cool down and be de-briefed with exercises to complete at home too should you wish to continue working hard to feel great! Please remember the saying, no pain = no gain. We are based at Streetenvy Studio, first floor in the Oriental Building which also hosts Wai Yee Hong Supermarket. BS5 6XX – buses run from the centre or walk/cyclable. Prices as follows: £20 trial per first hour. From £25 per hour (if 4+ booked) or £30 irregular bookings. Group PT (+£10 per additional)



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