

Personal Training On Line



Location Wales, Mid Glamorgan

https://www.freeadsz.co.uk/x-560128-z

Looking for a Personal trainer in your local? GM-Fitness can help.

Find a online coach or personal trainer to help you maintain focus and keep you on track?

Are you looking for motivation?

Do you need help maintaining positive results?

Looking for a coach or personal trainer to keep you on track?

GM Fitness have a combined experience of over 20 years helping people like you achieve their goals. When it comes to health and fitness we understand that you cannot have a one size fits all approach,

people are as unique as your finger prints.

We understand that normal life can be an obstacle for success without the proper planning and direction.

We at GM Fitness understand people have unique needs and obstacles to overcome. Exercise is one of the most effective way to reduce your health risks and improve your well being.

How Make The Most Out Your Health and Fitness Goals

Simple Tips To Success.

Decide upon your goals put them in writing so that they are real, and not just a mental to do note.

Make yourself solid reminders, write yourself fridge notes, pin up inspirational images or quotes- use every motivational tool at your disposal to help you achieve daily tasks, reinforce why you are doing what you are doing and your reasons behind it.

And always remember keep it fun.



Why Choose Personal Training Online?

We have thousands of hours and hundreds of happy clients who enjoy the benefits of on line personal training, if you want more out of your workout sessions but don't like the idea of joining a gym then this is the perfect solution for you.

No Travelling, no busy gym, no traffic, just 100% effective efficient workouts for you and your goals.

WHY CHOOSE GM FITNESS?

We have male and female experienced professional coaches and personal trainers.

We have a proven track record in helping people reach goals.

We endeavour to keep you safe, focused, and motivated while engaging in the most effective programme to suit your individual needs.

We pride ourselves on our happy and satisfied customers, welcoming everyone with a warm friendly demeanour.

Products & Services
GM-Fitness Services / Fitness classes

Aerobics
Athletics training
Body toning
Body building
Boxercise
Body Tone and sculpt
Boxing lessons

Cardiovascular training
Circuit training / Circuits
Core training
Fitness instructors
Fitness training
Flexibility
Gyms
Gain muscle
Group Training
Marathon Training
Mixed Fitness Groups

Personal Training Pilates

Keep Fit Kettle bells Spinning classes (Spin) Sports coaching

Running clubs
Healthy Lifestyle planning
Health clubs
High Intensity Training (HIT)
Health spas & resorts

Outdoor fitness
On line personal training / personal trainer
One to one personal training /personal trainer
Weight loss
Weight management
Weight training

Nutritional plans and advice Improve core strength Improve posture Improve back strength Yoga

Physical Location City/Town: Cardiff

Contact: 0753 490 1132 0753 490 11...(click to reveal full phone number)

Visit us for more information: www.gm-fitness.co.uk

Category: Personal Trainer in Cardiff

Health Club in Cardiff

Opening times Open now Mon 6:30 am - 8:30 pm Tue 6:30 am - 8:30 pm Wed 6:30 am - 8:30 pm Thu 6:30 am - 8:30 pm Fri 6:30 am - 8:30 pm Sat 6:30 am - 8:30 pm Sun Closed

Payment Methods

Visa

Mastercard

Maestro

Solo

Cash

Credit Cards

Paypal

For More Information Please Visit: www.gm-fitness.co