
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