

# Mobile Trainer in Hertfordshire (25 GBP)



Location **East of England, Hertfordshire**  
<https://www.freeadsz.co.uk/x-567256-z>

Offering one to one PT sessions in Hertfordshire and North London areas, or if you would like to have a training buddy I can train you both no matter of your fitness levels.

What I can offer

- Tailor made sessions specifically for you
- I come to you or if you have preferred park or location
- I will assess you on the first trial and discuss your goals and help you achieve them.
- Online PT while you are away

Quick look at my current sessions and training

- Help you with running and get ready for your first 5k
- Boxing sessions
- Boot camp
- Weights and build your body muscles
- Weight loss/ toning
- Help to build your stamina
- Get back in to fitness after sports injuries

Before you make any decisions, we will have a trial and consultation about what are your goals and if I am the right fit for you.

Please get in touch either by sending me a message or on click to contact and feel free to leave a number and I will get back to you.

<https://dcpersonaldottraining.wordpress/>



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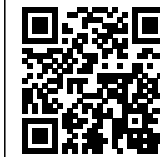
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