Personal Training with Go-Active Fitness in Rayleigh



Location East of England, Essex

https://www.freeadsz.co.uk/x-588219-z



My name is Kurtis Swan and I am currently a Personal Trainer and Gym Instructor in Essex, England. I have qualifications in

• Circuit training,

• Gym-based boxing,

• Studio Cycling,

• Sports Nutrition,

• As well as achieving â€~A' grade in Physical Education at both A-Level and GCSE.

I would be more than capable in any goals that your employees wish to achieve, whether they are health or skill based fitness components. These qualifications, in addition to my knowledge, have meant that I have assisted clients in

• sports specific targets,

• gaining an enhanced and more confident physical profile,

• promoting a positive psychological outlook

• helping teams become successful.

The prices that charge are also extremely reasonable. For a block of 10 x 1 hour sessions I only charge £280. This is compared to most gyms which charge £35-40 per hour session plus a monthly contract. I also offer sessions in groups, as well as 1:1 and so the price per client is even less.

