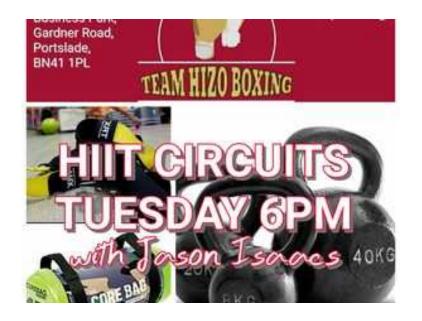


Go-Active Fitness



Location East of England, Essex

https://www.freeadsz.co.uk/x-588221-z

1:1 Personal Training Service

Level 3 Personal Trainer - lose weight, tone up or get in shape with a Personal Trainer who caters for all abilities and goals. Who is also prepared to train wherever you wish!

I myself have won county silver medal over 5 miles in Essex Road Running Championships.

Also qualified in: Circuit Training Gym-based Boxing Studio Cycling Sports Nutrition

07976 628840 07976 6288...(click to reveal full phone)

