Personal Fitness Instruction in the South Downs Area (25 GBP)



South East, West Sussex Location https://www.freeadsz.co.uk/x-589333-z



Beginning with an initial consultation, I can create the nutrition and exercise plan best suited to your individual needs, taking your age, weight and fitness level into account as well as providing lifestyle advice to support you in achieving your fitness goals and in becoming a stronger, healthier version of you. You can then start your one-to-one PT sessions, either in the comfort of your own home or outdoors in a local park; personal training when you want it, where you want!

33	<u>h</u>	‡ p







ž S:	SJ6
os://www.freeadsz.co.uk/x- z	ersonal Fitness Instructi South Downs
.free	F F
adsz	ess Do
co.u	ss Instr Downs
ık/x-	ucti



sdt S-z	e en
://www.free	sonal Fitne South
tps://www.freeadsz.co.uk/x-58 }-z	Personal Fitness Instruction Personal Fitness Instruction Personal Fitness Instruction Personal Fitness Instruction
x-58	xtion Ar



tps	er:
//wwv	sonal So
v.free	nal Fitne South
adsz.	ess II
tps://www.freeadsz.co.uk/y	Personal Fitness Instruction Powns Powns

Z /:S:/	- (
//www.free	South
)s://www.freeadsz.co.uk/x-5893 z	South Downs Area
x-5893	Area

33-33-



https:/	the
//www.free	South
https://www.freeadsz.co.uk/ 33-z	he South Downs

https:// 33-z	the

Pel		
Pers	https: 33-z	the
sonal Fitn	//www.free	South
Personal Fitness Instruction in	https://www.freeadsz.co.uk/x-5893 33-z	Downs
tion in Area	x-5893	Area

the	Per
Soc	sonal
₹	Fitne
	ess