

WHAT I OFFER

- 121 Personal Training
- Group Training
- Group Circuit Sessions
- Cycling/Walking/Running Buddy
- Gym use 'pay as you go'



Fitness Buddies

**FIRST SESSION
FREE!**

CHANGE YOUR LIFE TODAY

You won't feel intimidated at Fitness Buddies, I have years of experience in the health and fitness industry and it's my mission to help anyone, at any level of fitness and any age.

CONTACT ME:

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