











# Go-Active Fitness



Location **East of England, Essex**  
<https://www.freeadsz.co.uk/x-171500-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

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