











10 1hour personal training sessions for 400. No gym membership required



Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-214442-z>

Getting started in a gym routine can be really tough. Figuring out what exercises to do, how to use the machines and weights, all surrounded by people who seem to know exactly what to do! If you've been thinking about getting yourself into shape then the time to start is NOW! Do not make the mistake of waiting until January 1st! My name is Nick Veale and I'm a personal trainer based out of Fitness First in Brighton. I specialise in fat loss and body transformations, and will teach you how to make the necessary changes in your lifestyle necessary to transform your body, and your life. This isn't a "magic pill" or a 28 day detox. I will teach you how to TRANSFORM YOUR LIFE, using a progressive custom gym routine, and by giving you small changes to your current lift style and eating habits that will ignite your fat burning hormones and get you the results you've always wanted. Take action today and book in for a free, no strings attached consultation (finishing with a short)

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