

# Personal Training Sessions (25 GBP)



**PDFITNESS**  
PERSONAL TRAINING  
www.pdfitnesspersonaltraining.co.uk  
Contact me today!  
07582198898 or richie.deponeo@gmail.com



- 1 Hour PT session £25
- 4 sessions for the price of 3
- 30 minute HIIT sessions £12
- Tailored workout plans from £15
- **INTRODUCTORY OFFER** 5 Personal Training Sessions for £85 - Saving £40










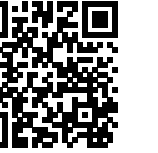
Based in Saltney - Garage PT Studio - Mobile PT  
Lose Weight - Tone - Build Muscle - Improve Fitness - Healthier Body

Come and join my Fitness Class only £3 per session  
Tuesday @ 7pm and Saturday @ 9.30am  
Handbridge Playing Fields  
Check Facebook page for dates



Location **North, South Wirral**  
<https://www.freeadsz.co.uk/x-422370-z>

<https://www.facebook.com/pdfitnesspersonaltraining/posts/176989983992461> Lose Weight - Tone Up - Build Muscle - Improve

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