











New Physique Personal Training



Location **South West, Avon**
<https://www.freeadsz.co.uk/x-510201-z>



New Physique provides a bespoke personal training and nutrition service to clients looking to transform their body and lifestyle for the better. Keeping fit is often challenging. Choosing the right trainer is hard, at New Physique we look to the future helping you over the long term as well as the short term, and more important making everything about you. You need motivation and encouragement. Plus you need advice and coaching to ensure you are training correctly and efficiently. This is why you need New Physique fitness instruction. Drawing on 10 years of experience, your instructor will tailor a training programme especially for you. With our training you have so much choice whether it's Running, Boxing, High Intensity Training, or Weight Training we're ready to make your training take off. Beginners always welcome. Your goals and training desires are the foundation of everything we strive for, so is developing an environment which is enjoyable through personality, knowledge, creativity and variation. Call us now for more information. weight training sports training & coaching health clubs gyms Fitness training boxing lessons body toning core training boxing circuit training fitness instructor Personal Training: 1to1 - 2to1 - 3to1. body building cardiovascular training sports training & coaching weight training athletics training Running fitness training weight management nutrition advice 1-2-1

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