

# Personal Training



Location **Wales, South Glamorgan**  
<https://www.freeadsz.co.uk/x-553074-z>

CURRENTLY AVAILBLE IN THE Cardiff Bay AREA

We have a growing number of gyms and fitness professionals to suit your needs.

Live in the Cardiff Bay Area?

Looking for a personal trainier?

Male or Female?

Experienced with a proven track record

If you live in the Cardiff Bay area and are looking for a trusted and proven service to help accelerate you toward your fitness goals GM Fitness Can help.

We are friendly and understand you are unique.

### TRAINING THAT IS RIGHT FOR YOU

GM fitness offers professional, affordable one-to-one training, group sessions, nutrition and fitness advice, and that all important motivation that will push you to challenge yourself to ensure maximum results. We are committed to bringing you the most up to date and effective advice and training methods.

We believe you will find our enthusiasm and dedication second to none. We do not believe in one-size-fits-all Personal Training, we will create a unique, tailored training plan just for you.

### WHATEVER YOUR GOAL, WE CAN HELP

We at GM fitness are dedicated to helping achieve the very best in our clients, our guided training is the most effective way to achieve your fitness and physique targets and our clients agree.

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There will be a dedicated time for building and even more importantly have a focus on your health and well-being. We will have a range of training plans for you to choose from. There are many different types of training and we will tailor a plan for you based on your goals and needs. We will provide you with a range of exercises and workouts that will help you achieve your goals. We will provide you with a range of exercises and workouts that will help you achieve your goals. We will provide you with a range of exercises and workouts that will help you achieve your goals.

- Healthy and sustainable Weight Loss programs
- Toning, shaping and physique sculpture
- Increase your strength and power and build muscle
- Optimise overall Fness through Cardiovascular and Aerobic Training

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- General health and fitness, lowering blood pressure and boosting energy levels
  - Injury Rehabilitation, correcting muscular imbalances and improving flexibility

#### WE OFFER THE COMPLETE PACKAGE

Achieving your personal goals and challenging your limits takes dedication, will-power and encompass more than just the few hours a week you spend in the gym. Our clients enjoy the benefits of our expert advice on all aspects of embracing a healthier lifestyle from guidance on supplements and nutrition to assistance writing their own workout plans. We strive to make your personal fitness journey as enjoyable as possible and aim to support you every step of the way.

#### HOME TRAINING SERVICE

Whether you are a member of a gym or would just prefer to train in the comfort of your own home at a time convenient to you GM Fitness are happy to help. We provide the all the necessary equipment and will travel to anywhere in the Cardiff area and thanks to our online training can help you achieve your fitness goals from anywhere in the world. Sessions generally last an from 30 -45 min and are tailored to your specific needs. No travelling, no gym membership fees, no hassle!

For more information please visit: [www.gm-fitness.co.uk/](http://www.gm-fitness.co.uk/)

Tel: 07534 901132 07534 9011...(click to reveal full phone number)