

Go-Active Fitness



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-588221-z>




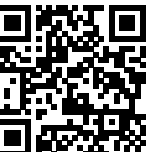






1:1 Personal Training Service

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 628840 07976 6288...(click to reveal full phone)

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