Get fit for Life, RESULTS GUARANTEE Fitness Personal Trainer (orlando)   hid

Location   **Florida**
https://www.genclassifieds.com/x-786702-z

 QR Code Link to This Post HI! NEED MORE MOTIVATION TO GET IN SHAPE IN THE NEXT 90 DAYS?

 If you're tired to keep paying a GYM and day after day, month after month, you dont see results or you no longer feel good about exercising, lack of motivation, lack of discipline, lack of joy, lack of Fun, I'm offering an awesome deal on private personal training.

 No Certified Personal Trainer can say "I'm the best of them all", but a certified fitness trainer it's the best when it's about coaching and mentoring in the areas of fitness, if somebody can help you achieving your fitness goal is a trainer!
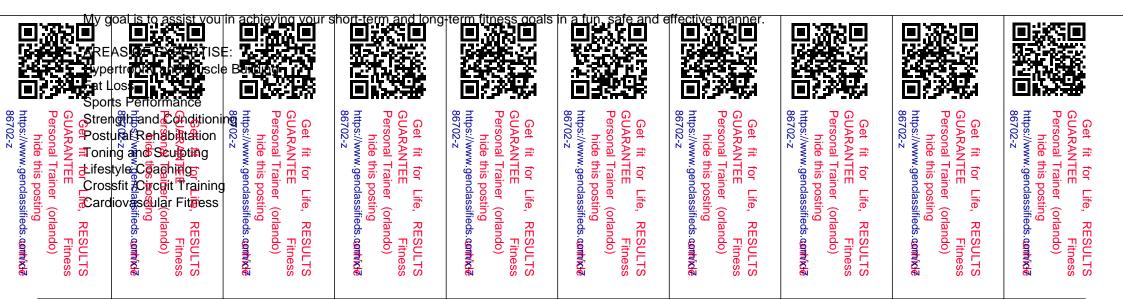
 Mentors have the ability to believe in you even when you are feeling at your lowest and don't believe in yourself. "CAN'T" is not in a trainer's vocabulary.

 A little about me. I'm an ISSA certified personal trainer who's been training for more than 6 years (Latin America and USA). A skilled problem-solving, personally and precisely design the workout rutine for you. Expert at holding you accountable.

 My training and nutrition plans are easy to follow, affordable, and without having to sacrifice much of the foods you love to eat. Let me educate you and get you in the best shape of your life as quickly as possible.

 I always say "I'ts about eating MORE.... no LESS!!"

 My Coaching it's all about strong foundation, boost your strength, flexibility, conditioning, cardiovascular health, improvement in overall wellness.

 My goal is to assist you in achieving your short-term and long-term fitness goals in a fun, safe and effective manner.

AREAS OF EXPERTISE:
Hypertrophy/Muscle Building
Fat Loss
Sports Performance
Strength and Conditioning
Postural Rehabilitation
Toning and Sculpting
Lifestyle Coaching
Crossfit / Circuit Training
Cardiovascular Fitness

Flexibility and Mobility Conditioning
Sports Nutrition and Supplementation

Location:
POWER STRENGTH GYM
730 W Sand Lake Rd #254, Orlando, FL 32809

Rates:
$40 per 60min Training Session. (1 on 1)
$35 per 60min Partner Training Session (2 persons)
$30 per 60min Group Training Session (3 persons max)

1st GYM's Monthly Payment FREE

More Info:
CALL or TEXT for Schedule your FREE session.
Se Habla Español

Instagram