

Affordable Certified Mobile Personal Trainer (Central, NJ)



Location **New Jersey**
<https://www.genclassifieds.com/x-398164-z>

Whether the goal is to get healthier, lose weight, tone your muscles, improve flexibility, increase endurance, get back into shape after having a baby, etc. I can help you achieve this. I will assist you in setting realistic goals that will be attained using the best motivational techniques.

*I offer on site personal training at home, workplace, gym, or etc.

*I am a certified personal trainer, sports nutritionist & kick boxing Instructor w/ AED, CPR & First aid certification as well.

*I offer free fitness and goal setting assessments which includes nutritional guidance, diet plans & cooking tips if desired.

I have a variety of training which can be fun, easy, and intense at times which is customized to fit all ages. Affordable training for everyone for as low as \$30 per session and multi-session discounts available as well.

Please feel free to email w/ any questions or to make arrangements for a free consultation.

Coach, Fitness,



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