

Personal Trainer 20 1hr sessions (Lawrenceville)



Location

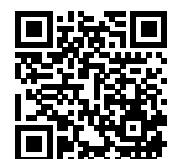
Georgia

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Build a better body with HBM Fitness. If you're looking to get into the best shape of your life allow me to help you with your goal. I'm a Issa certified personal trainer that will definitely give you the knowledge and motivation you need for a even more healthier and beautiful you. Four years ago I was overweight and I decided to do something about it. I lost 103 pounds by doing high intense interval training I followed a very healthy nutritional plan and I learn about the importance of taking healthy natural supplements that can help earn that great body that we all deserve. Now I also help clients to add muscle mass which I put on over 30 pounds of rock hard muscle after losing so much weight. What ever your goal is lets work together to achieve it. I have week day and weekend sessions available starting at \$20 per one hour session Or book 10 sessions for \$ 150. I also do couple sessions for \$30 where you split the session with a friend. I'm in the Lawrenceville area but I will travel outside of Lawrenceville the sessions will start at \$30.

I also create meal plans for quick weight loss which we shop for your meals together and I teach you how to read food lables I show you the unhealthy things to watch out for when you're shopping. My meal planning / eat this not that class is \$40 which is a 2 hour class workout plans are also \$40 call for details ask for



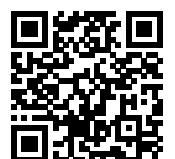
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