

# Personal Training available



Location **Rhode Island**  
<https://www.genclassifieds.com/x-561806-z>




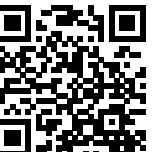






Hi

Certified personal trainer looking to help a few people who want to reach their goals. If it's weight loss, gaining muscle, toning up, or just want to feel good about yourself then I want to help.

I can help you around the gym and select routines that will help you achieve your goals inside the gym.

Rates vary depending on distance and gym if you belong to one, etc but standard rate would be 20-25 a session usually last an hour.

Let me know, I'm truly excited to help anyone ?????&;

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