

# If youre looking to finally reach your fitness goals... (santa clara)



## ONLINE FITNESS COACHING

Location **California**  
<https://www.genclassifieds.com/x-694669-z>



...then it's time to enlist the help of a professional who can help get you there, has been there, and applies proven methods that are scientifically tested and not based on anecdotal claims. It's time you get REAL results.

Mims Fitness specializes in dramatically altering body composition by seamlessly integrating a training and diet program into your lifestyle - not the other way around.

If you are tired of bouncing around exercise routines and diets with little or no results, it's time to contact me, TJ at Mims Fitness. I provide clients nutritional plans and around the clock accountability and counseling to help keep them on track - in addition to dedicated personal training. It's a powerful combo punch to get you the body you want, and deserve.

Located in the middle of Sunnyvale, you can begin training today at Silicon Valley's Premier Independent Training Facility, Sunnyvale Health & Fitness which is conveniently located off of Highway-101 and Fair Oaks in Sunnyvale.

You can contact me for personal training availability and pricing via my website -- [www.mimsfitness.com](http://www.mimsfitness.com) - or simply reply to this email.

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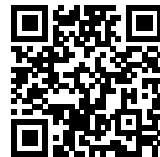
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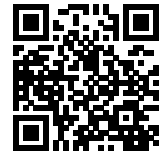
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