

Free personal training**hide this posting****unhide**

Location

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QR Code Link to This Post Hey everyone my name is Sherman Jackson and I am a personal trainer at Federal Hill Fitness & MV fitness. Well it's that time of year again when most people get started on improving their health. I'm here to help anyone who wants to get started ASAP but I only want serious clients not the ones who will quit after a month or a few sessions with me I'm looking for people who really want to change their lifestyle. I know the struggle because I was once overweight & I motivated myself to get in much better shape & I'm here to do the same for you. It's no other job that brings me joy like personal training my sessions are fun & very motivating. I offer weight loss, boot camp, boxing, Cardio boxing, Core training, strength building. The first session is free & I know some people think they can't afford a personal trainer but a couple of my clients realized they could once they stopped spending their money on things that were useless. It's ok to club & go out & things like that but I would suggest to take some of that money to improve your physical well being. I will make sure you reach your goals just be patient and stick with.



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