

Need to get fit for that special occasion (santa clara)

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Location

California

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QR Code Link to This Post Are you getting married soon or have a special occasion that you need to lose weight for?

* Are you ready make the change?

What makes me different as a trainer is that I follow up everyday with my clients to make sure they are on track and reaching their goals.

Call Judy at

For more information visit <http://www.accessiblefitness.com>

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isometrics / resistance bands / boxing / bosu / balance / trx / acrobatics / aquatics / swimming / running / jumping / plyometrics / jump rope / pilates / yoga / flexibility / fms / medicine ball / kettlebell kettle bell / dumbbell / barbell / kickboxing / self-defense self defense / kirate / mui tai / cardio / cardio vascular / core / tae bo / mma / mixed martial arts / yoga / cycling / spinning / zumba / crossfit