

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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Keywords:

exercise abdominal ab waist trim tone toning sculpting building muscle muscular ripped lose those nutrition expert nutritionist diet people in home home personal private group class fitness bootcamp boot camp trainer trainers training weight loss weight loss that loss that loss body for seniors mom teens kids experienced educated

certified trained sports athlete athletic athletes rehab rehabilitation injury prevention diabetes diabetic prenatal safe cleanse detox juice vegan vegetarian gluten free
outdoor gym beach park sand studio comes male female reduction lower back strengthening management conditioning strength and endurance sports specific
performance mommy parent family baby health instructor instruction club clubs lessons lesson one on one 1on1 1 on 1 celebrity travel traveling coach active activities
blood pressure high bones breathing breath breathe champion affordable cheap championship competing competition dance energy games fun interactive individual
jogging kinesiology chiropractor healing massage therapist kinetic lumbar metabolic motivational professional pro punching recovery addiction shape size stability
stretching strong support testing assessment transformation
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 / krate / mui tai / cardio / cardio vascular / core / tae bo / mma / mixed
martial arts / yoga / cycling / spinning / zumba / crossfit