

FIT to you



Is the perfect you...
fitting in smaller clothes? more toned? more energetic? feeling fabulous?
..then its your time for change!

**One to One Personal Training ensures you train
at the right intensity, giving you the results you want - fast.**

How many people are members of gyms but don't go? I bet we all know someone, when I ask clients why don't you go they say they didn't get the improvements they wanted or they felt intimidated, or they didn't really know what they were doing and the most commom reason - they couldn't stay motivated. Training with a Personal Trainer in your own home changes that, we will come knocking on your door to train you, it is a contract between us, we motivate - you train. With high quality specific exercising your goals become achievable.

The celebrities use Personal Trainers for a reason, they achieve great results quickly and safely, letting them look and feel great, So why don't you?

*We promise Personal Training and thats what you get, a one to one Personal Service that is designed just for you, with **your** body in mind...*

*Never be bored with exercise again, with continuously varied training methods including kickboxing, weight training and cardio drills, brought to your door. Why WEIGHT!- **contact us today!***

www.fittoyou.co.uk

Tel: 07825 348961 email: stephen@fittoyou.co.uk

“ I have struggled for many years trying to get into shape and control my weight. I have joined many gyms but not seen the inside of most of them. Having you come to the house three days a week has made all the difference. I am now in the best shape of my life, the sense of accomplishment that you have provided has me exercising even on nights when you do not come. ”
Lea Smith.

