

CERTIFIED FITNESS TRAINER (Orlando)




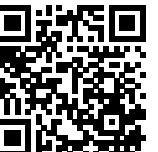






Location **Florida**
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I am certified as an ISSA (International Sports Sciences Association) Certified Fitness Trainer. I am currently looking for new clients in the Orlando area. If you are interested in shedding pounds and dropping inches, losing fat and gaining lean muscle please feel free to contact me. I will help you to achieve your fitness goals. I am only interested in taking on clients who are serious about making a change in their lives, and embracing the fitness lifestyle. I will customize a program specifically for you, push you past your comfort zone, and hold you accountable. Currently offering Weight Training, Boxing, Crossfit, and TRX. Check out the website at www.floridafitnessfraternity.com.

So if you're ready to be the you that you really want to be and willing to work hard for it let's get construction under way and get started on building a new and improved you!!

Thank you, and I look forward to helping you achieve all of your goals soon! PERSONAL

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