

**ABSOLUTE GOLD** *fitness*



# Personal Trainer

Lose weight and get fit with a personal trainer who comes to you!

Fully qualified personal trainer, also offering mobile sports massage.

*Sessions starting from 6 am*

*Currently working in your local area*

 [www.absolutegoldfitness.com](http://www.absolutegoldfitness.com)



**07931 561 807**

# ABSOLUTE GOLD *fitness*



*Personal Training*



*Free Diet Advice*



*Injury Rehab*



*Sports Massage*

Contact Alex on 07931 561 807 or  
[alex@absolutegoldfitness.com](mailto:alex@absolutegoldfitness.com) for details



Get a 10% discount on your first block of sessions  
by showing this flyer