Personal Training

New to HLC Gym

Struggling with motivation?
Want a new hard working Routine?
Want to achieve that body you've always wanted?
Maybe I can help…….

- **Health Assessments (Weight, Height, Fat Mass, BMI, Blood pressure, Water levels etc).**
- **Muscle mass, Reducing body fat, Increasing Cardiovascular Fitness (specialising in boxing fitness).**
- **Individualized programs & goals, Increasing Muscular endurance, Motivation, Experienced Training Buddy, Fitness Testing.**
- **Preparing for a up and coming sporting event.**
- **Nutritional advice including Losing/Gaining weight, Healthier Lifestyle.**

I am a very keen hard working individual with a passion for health and fitness. My interests in my spare time include Boxing at amateur level, running, and Weight training.

Whatever your goals we can achieve them together!

To enquire or book a 1 to 1 session call Jordan on

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