

John

Achieving a good level of fitness is key to a healthy life

- 10 years' experience in the industry
- Motivating, passionate and dedicated to YOU
- Personalised attention specialising in cardio/boxing/weight training
- Results based focusing on your goals and will adapt to your needs
- Nutrition advice



Available for sessions at:

Diamond Creek Community Centre
Eltham Leisure Centre
Diamond Valley Sports and Fitness Centre

LEISURE
FACILITIES

