

PERSONAL TRAINER

@B.johnsonfitness

Are you wanting to get stronger but not really sure where to start?

Do you lack the knowledge on what you need to be eating to lose weight?

Have you previously given up after the first hurdle?

If this sounds like you then email b.johnsonfitness98@gmail.com

Bethany is experienced in helping people of all ages and abilities achieve their fitness goals.



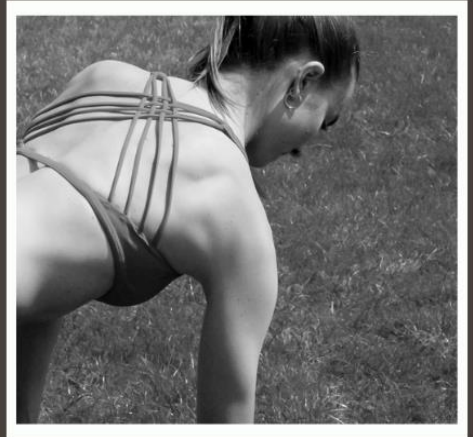
Learn muscle engagement to build strength.



Set goals and challenge yourself to improve.



Improve stamina with each practice



What you'll get

- Tailored Training Plans
- Personalised Nutritional advice
- Support & Accountability