

FREE PT  
TRAINING  
SESSION



# LAURENCE NEKOOIE

**PERSONAL TRAINER**

## SPECIALISMS

- ✓ Body Confidence
- ✓ Body Fat Reduction
- ✓ Nutritional Guidance
- ✓ Muscle Tone and Development
- ✓ Strength and Conditioning
- ✓ Functional Training

TO BOOK YOUR **FREE** PT SESSION CALL

**07817 900436**

 **YOUR**  
waterside  
Personal Training™