



# Personal Training

At Fenti Fitness, we offer a holistic approach to personal training. Whatever your experience or ability we can help you to make positive changes to your health, fitness and wellbeing. We offer 1:1, paired and group sessions, for a range of different budgets, in the comfort of your own home.

Call, text or email Ali to find out more:

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Or visit: **[www.fentifitness.com](http://www.fentifitness.com)**



Get in touch to arrange your  
**FREE** 30 minute consultation  
and fitness testing session.