

PERSONAL TRAINING INTRODUCTION

BY erisports 

2 SESSIONS FOR ONLY

€29,-

1st session: Intake

Health check
Body measurement
Setting personal goals
Training & nutrition advice

2nd session: Personal Training

Efficient training methods
Challenging workout
Personal guidance
Extra motivation

YOUR GOAL, MY STRATEGY... OUR CHALLENGE!

Only for Erasmus Sport members. Interested? Mail to: info@erisports.nl.