



# Personal Training with Reddall Fitness Walsall

Offer Expiry Date  
**31/01/2026**

Can only be used at  
**Reddall Fitness**  
Oak Park Active Living Centre, Coppice Rd,  
, Walsall Wood, , Walsall  
WS9 9BH.

Tel: 07387 302343



## Description/Terms and Conditions

Personal training starts January 2026 with Reddall Fitness Walsall

This is a premium personal training service

I believe fitness means different things to different people, and I take pride in helping each person achieve their own version of success.

I will carry out an assessment as part of your consultation. Once this is complete, I will create a tailor-made nutrition and lifestyle plan, which will be adjusted throughout your journey, whether your goal is a full transformation, maintaining your health, or anything in between.

A personalised workout plan will be developed during the first week, once I have completed a physical assessment to determine which exercises are most suitable for you.

I currently have a few spaces available.

Please get in touch with Reddall Fitness

07387 302343

Reddallfitness@hotmail.com

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