



SPEAKER: Scott Pearson
COMPANY: Fast Fit Strong

DETAILS:

I offer one-to-one or group based (max 6 people) sessions at the White Rooms in Lymm. My specialty is training clients/athletes for endurance events (especially cycling), but I also have a thriving "general fitness" clientele.

All programs require a membership (3 month minimum) and are individualised based on a prior assessment, following methods and techniques learned during my 15+ years in elite level sport... results are guaranteed!!

As a promotion I'd be prepared to offer the first month at half price, plus a free screening for anyone who signs up via the event, before the end of December.