Jo Marsh Coaching

Tangled To Thriving

PERSONAL TRAINING

Train in a private Eastcote studio

Do you want to....

- build strength & energy, away from the gym floor?
- build confidence for daily life & health for the years ahead?
- build routine into your week?
- have fun & enjoy moving again?



Come and train with Jo!

Level 3 personal trainer and coach who understands how physical and emotional wellbeing are connected. Jo knows what it takes to build movement into different stages of life and helps you find a routine that actually fits.

Let's start a conversation....

- 45 minute sessions
- one-to-one (get in touch to discuss other options)
- suitable for all ages

WhatsApp me for prices

(packages available)

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