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Derrium 14:7 Gyan

ANTHONY VANNINI WINDSOR GARDENS



PERSONAL TRAINER

- M.7 /

AIPT Certificates III and IV in Fitness | Level 1 in Boxing, Kettlebells, Fundamentals of Movement, and Battle Ropes | First Aid

SPECIALTIES

WINDSOR GARDENS

- Fitness Training
- Strength Training
- HIIT Circuits
- Boxing
- Weight Loss and Nutrition Advice
- Sport Focus



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