



COACH SAXER

PERSONAL TRAINING, COACHING AND COUNSELING

- + Personal training (1:1)
- + Semi personal training (1:2)
- + Workout plans
- + Nutrition counseling
- + Nutrition plans
- + Bio Signature body fat measurement
- + Manual Kore therapy
- + Presentations and workshops about training, nutrition, health
- + Gift certificates available



Call me for a free consultation: Michael Saxer +41 76 323 26 81
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