



Dawn Carr-Mitchell Personal Trainer

**Bored of the same routine and not seeing
the results you desire?**

**I can lead and motivate you through a
sustainable training programme based
100% on your needs, goals, levels of
experience and ability, also providing you
with nutritional advice.**

**I believe training should be fun as well as
rewarding!**

**I am based at Isenhurst gym in
Crowborough**

**For further details contact me on
07889783205**