

A close-up photograph of a woman's arm and shoulder as she lifts a purple dumbbell. She is wearing a purple sports bra. The background is a soft, out-of-focus light color.

Grinda's Personal Training

Linda Baseley
0414 700 733



Grinda's Personal Training

Great shape is just around the corner...

Personalised service and programs.

Affordable rates.

Training for all ages and fitness levels.

Free fitness assessment.

Feel better and look great!

www.grindas.com.au

Linda Baseley

Fitness Aust Reg: 39105

0414 700 733