



## Stories from our Members

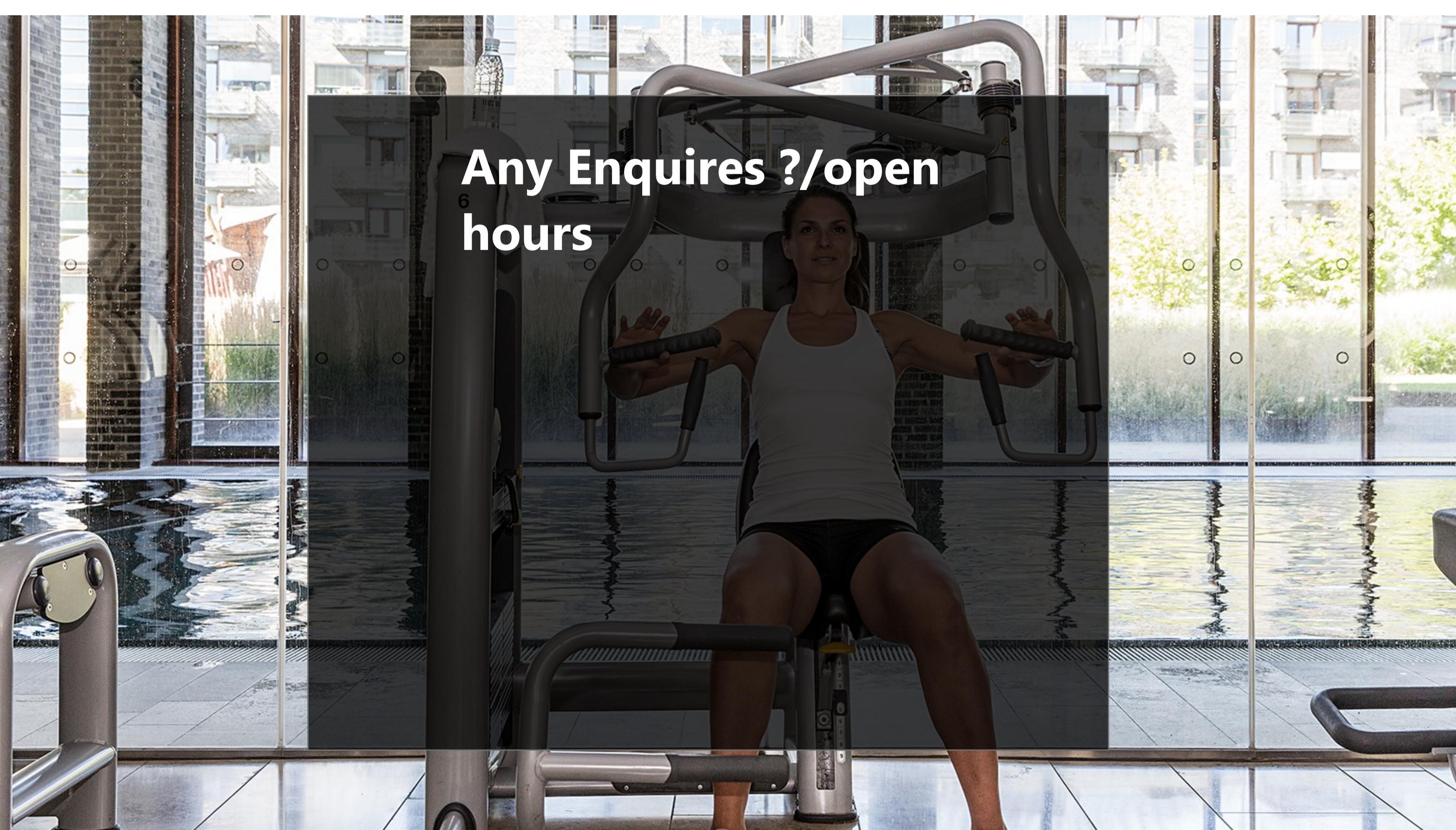
### Jeremiah Peterson Lost 92 lbs

After a family hiking excursion proved too taxing for his 290-lb. frame, Jeremiah Peterson decided to change his lifestyle. He joined True Fitness for motivation. Then, switched over to a keto-diet consisting of healthy fats, lean protein and green vegetables, started taking twice-daily hour-long hikes, and lifting weights.



### Vanetza Cine Lost 26 lbs

The military officer, 29, took up bodybuilding to be an inspiration to her troops. "I was supposed to be a leader of soldiers, and I could barely pass the Army physical test. I was embarrassed. My soldiers looked up to me and I had to counsel them when they couldn't meet the standards, and yet I myself couldn't meet the standards. I just felt like a hypocrite and a fake." She started working out three times a day and saw real changes in her body for the first time. She started working out three times a day and saw real changes in her body for the first time. She started working out three times a day at True Fitness with one of our PT and saw real changes in her body for the first time.



True Fitness Location

Google Maps



## Hire A Personal Trainer

4 sessions per month

8-12 sessions per month

16 sessions per month

[Enquire](#)

[Enquire](#)

[Enquire](#)

Fill the form so we can match you with the best Personal trainer for your fitness goals



**TRUE FITNESS GYM**  
Making your Fitness goal come True

[Home](#) [\*\*Gym Tips\*\*](#) [Hire PT](#) [Products](#) [Sign In](#) [Join Now](#)

**Tip 1**



**Tip 2**



**Tip 3**



**Tip 4**



**About us**



**Sort by:**

- Flavour**
- Price**
- Name**
- Rating**

Product  
image

Product name  
Product price  
Product rating



## Become True Fitness Member

### 3 day pass

A pass that gives you access to the for 3 days of your choice

Cost: £15

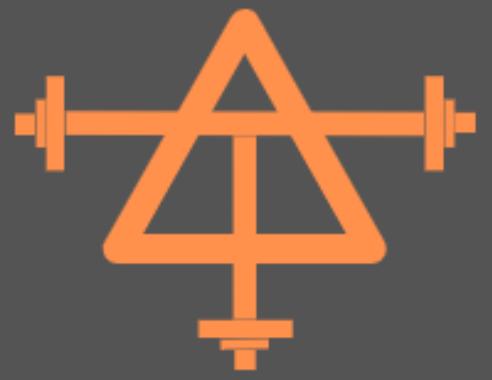
Select

### Monthly pass

A pass that gives you access to the for the whole month

Cost £30 per month  
+ £10 joining fee

Select



**TRUE FITNESS GYM**  
Making your Fitness goal come True

[Home](#)   [Classes](#)   [Hire PT](#)   [Products](#)   [Sign In](#)   [Join Now](#)

Fill the form with your details so  
we can set up your membership