



yvonne mason

PERSONAL TRAINER (BSc Hons)

sync your life
www.yvonnemason.com



motion

Exercising the right way will get you results

specialist areas

- Weight Management
- Back Care
- Strength Conditioning
- Certified Boxing Training
- Pre & Post Natal Exercise
- Sports Specific Training

mind

With motivation and the right mind set we can achieve your goals



fuel

Listen to your body - eat right

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