



PERSONAL TRAINING.

Babett Richwien-Seitz has been working as a personal fitness trainer in Hamburg for over 20 years - licensed by the Federal Association of German Personal Trainers. As your personal trainer, she will respond individually and flexibly to your sporting and health requirements, focusing on holistic training methods, competent support and fun.

Babett will be happy to accompany you on the way to optimizing your well-being.

What she offers:

- Golf fitness
- walking
- Muscle building
- coordination
- balance
- Mobilization
- Nutrition
- Endurance
- aqua fitness
- and much more is part of her expertise

Please make an appointment for an initial personal consultation.
Telephone: +49 177 7613055.

