

Personal Trainer Rebrands Hove Training Center And Launches New Website

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Brighton and Hove in East Sussex is home to a numerous gyms and personal training businesses. One of these, Havit Fitness, based in Hove, East Sussex, United Kingdom, has recently rebranded and is now known as Transform Personal Training (PT). Recognised as being one of the best personal trainers Brighton and Hove has to offer, the rebranding has been welcomed by its many clients.

Rob Callow, the owner of Transform Personal Training, says: "Since its inception on the 1st of August 2007 Health & Vitality Individual Training (HAVIT Fitness) has strived to help as many people as possible to integrate regular exercise and healthy eating into their lives to improve their physical & mental health. This core value sits more naturally and simply with the word "transform" - exactly what we aim to deliver to every client. We also have a new strapline which encapsulates our goal of 'Feel the difference, see the results.'"

As part of the rebranding process, Transform PT has launched a brand new website. The site is now fully functional, but continues to be developed as well, with new services being introduced both online and at the training centre over the coming weeks and months. Callow adds: "We have much exciting news to share, so watch this space."

Those who have used the centre have been very pleased with the service they have received. "The programme with Rob at Transform surpassed my expectations. I've grown in confidence in my ability to train, understand my body better so I can support any niggles in my back so as not to cause injury, which in the past has had an impact on my motivation," says Ziggy T. on <https://www.facebook.com/TransformPTHove/>. "Most importantly I achieved all my goals Losing 13lbs and 7 inches across my waist hips and bum. Fitness is now a natural part of my routine, and I love it."

To celebrate the rebranding, Callow has also decided to launch a new offer for a limited time only. People can now receive three months of personal training for the payment of just two months. The offer is limited to three places only, and clients are encouraged to register for a free consultation.

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For more information about Transform Personal Training, contact the company here: Transform Personal Training Rob Callow 01273 610609 contact@transformphove.co.uk Unit 1b Portland Trading Estate Portland Road Hove, East Sussex BN3 5NT United Kingdom

Transform Personal Training

Transform Personal Training provides its clients with a bespoke fitness training and nutritional regime. This holistic approach delivers results time and again for its clients. The business serves clients in the Brighton & Hove area.

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