

Personal Trainer In Hove Lists Most Popular Gyms In The Area

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Transform Personal Training, a fitness business in Hove, East Sussex, United Kingdom, has completed a new roundup of the most popular gyms in Brighton and Hove. There are many Brighton & Hove gyms, and Transform Personal Training decided to find out which ones were the most popular by asking residents in the area directly. The results indicated six specific gyms that have been listed including their monthly price.

Rob Callow, a leading personal trainer in Hove, says: "As a fitness business based in Hove, we decided to do our little research to see which are the most popular places for people to get fit in the Brighton and Hove area. We created a list of some of the most popular ones selected by actual users - with no particular reference of popularity. They are just all too lovable for prioritising."

The six gyms that have been listed as the most popular are Cheetahs Gym, The Underground Gym, Connect Fitness and Performance, Change, Alive Gym, and David Lloyd. . That said, David Lloyd is a franchise that operates all across the country, offering superior services and facilities. Change, which is one of the least expensive gyms in the area, although not as cheap as Cheetahs Gym and Alive Gym, was the only gym listed that also allows people to book for a free consultation.

"You can choose the best one according to your personal preference such as location, cost, parking, environment, facilities or even classes availability," adds Rob Callow. "We advise you to go and try out a few to see what suits you the best before signing up. The great news is that most of the gyms offer a free trial for one day up to 1 week."

Transform Personal Training, meanwhile, takes a more holistic approach to health and fitness. Not only do they develop exercise programs for their members, they also provide nutritional advice. They offer a free consultation to all prospective members, which can be booked through their website. They feel that, through their program, people are more likely to achieve lasting overall results to benefit their health.

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For more information about Transform Personal Training, contact the company here:[Transform Personal](#)

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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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