



FEEL THE FITNESS REVOLUTION

Mini-group Power Plate® training sessions cater to all fitness levels, from beginner to advanced, and are taught by qualified Power Plate® Trainers. These classes incorporate muscle strengthening, stretching and toning, along with massage and relaxation.

Classes are available before or after work and even during your lunch break. One-on-one personal Power Plate® training sessions can also be booked for those wishing to receive tailored workouts.

Potential Benefits of Power Plate® Training:

- Increase strength, tone and power
- Improve core conditioning and stability
- Increase mobility and flexibility
- Increase fat loss
- Decrease pain and fatigue
- Increase bone mineral density



Discover the Difference

www.powerplate.com

Studio Logo and Contact details

Call today to reserve your
FREE TRIAL SESSION
 Spaces Limited.