

# Power Plate® acceleration training

a time-efficient  
health & fitness  
solution



## Active Physio Manukau Road

POWER PLATE® AUTHORISED HEALTHCARE CENTRE

264 Manukau Road, Epsom

ph 524 0624 | Mon–Fri 8am–5:30pm

[www.physio.co.nz](http://www.physio.co.nz) [www.powerplate.com](http://www.powerplate.com)



# discover the difference with acceleration training

## Power Plate® training can help to:

- ✓ improve strength, flexibility and circulation
- ✓ reduce pain and boost metabolism
- ✓ improve balance, coordination & bone mineral density
- ✓ improve the way your body looks and feels

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### introduction or personal training

One-on-one assessment and  
exercise time with physiotherapist.

**\$72**  
per person

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### 6-week package

Programme includes an individualised assessment,  
2 follow-up one-on-one sessions and access to  
3 booked 20-min unsupervised sessions/week.

**\$275**  
per person

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### also available

12-week package **\$375 pp**

24-week package **\$610 pp**

*"The Power Plate® machine is the  
single best piece of equipment I have  
ever used. My body has never moved  
as well and never felt better."*

**PGA Tour player**



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### booking information

All sessions must be booked & pre-paid. Missed appointments are non-refundable.  
Please bring a towel, water and wear comfortable exercise clothing and socks.

**call us today!**  
**bookings are essential**

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