

Power Plate® acceleration training

a time-efficient health & fitness solution

The Power Plate® machine is a unique, time-efficient health and fitness tool used in physio practices, hospitals and athletic performance centres throughout the world. You can adopt different positions for strengthening, massage, stretching, balance and relaxation.

"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



Introduction or personal training

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

\$72
per person

6 week package

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

\$275
per person

12 week package

\$375pp

24 week package

\$610pp

Booking Information

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

Call 524 0624 to book your programme today.

Training on the Power Plate® machine helps:

- ✓ improve circulation, balance and coordination
- ✓ improve mobility, flexibility and general well-being
- ✓ assist with pain reduction and boost metabolism
- ✓ increase bone mineral density
- ✓ improve the way your body looks and feels

Why choose Power Plate® Acceleration Training at Active Physio?

Our knowledgeable Physio team provide a personalised approach tailoring sessions to your individual body type and health & fitness goals as well as catering for all ages and fitness levels.

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 www.powerplate.com