

Time to get your figure back?

Burn calories, tone your body and shed excess weight in a class that's made for new mums and their babies.

Post Natal Body Conditioning and Power Plate Acceleration Training classes for new mums.

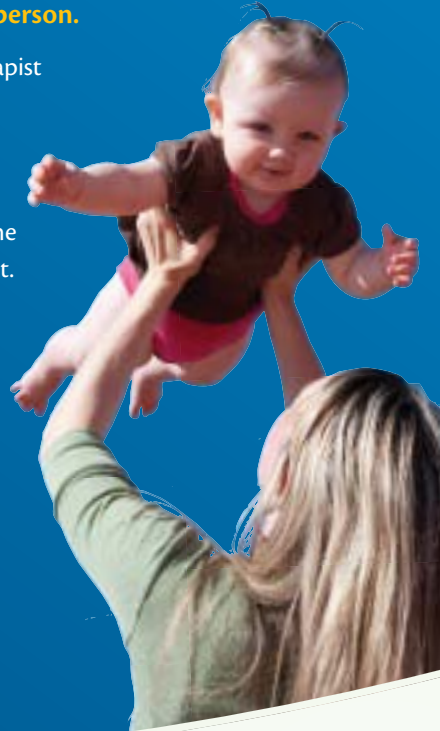
Six week classes for small groups of four for \$210 per person.

Programme includes: Six 30 minute classes with a physiotherapist and six independent 30 min Power Plate training sessions.



Power Plate Acceleration Training is the latest vibration exercise technology to help burn calories, tone the body and shed that excess weight.

This comes with the extra benefits of Power Plate massage to ease those tired muscles at the end of a workout!



Bring your baby,
bring your friends,
and get Active!

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



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Time to get active with a whole new you?

Strengthen your core, burn calories, tone your body and shed that excess weight with core conditioning and Power Plate Acceleration Training classes.

Six week classes for small groups of four for \$210 per person.

Programme includes: Six 30 minute classes with a physiotherapist and six independent 30 min Power Plate training sessions. Power Plate Acceleration Training is the latest vibration exercise technology to help burn calories, tone the body and shed that excess weight.



This comes with the extra benefits of Power Plate massage to ease those tired muscles at the end of a workout!



Bring your friends, and let's get Active!

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