

SYNCHRONICITY

POWER PLATE PERSONAL TRAINING

LIMITED AUTUMN OFFER

FREE TRIAL + 8 SESSIONS ONLY £99

(To be used between 1st and 30th September 2011)

PLEASE CALL - 07843 256 081

**Under the guidance of a Specialist Personal Trainer,
experience how your body can develop
Core Strength, Tone & Definition.**

- JUST 25 MINUTES PER SESSION (Time Efficient)
- SUITABLE TO ALL FITNESS LEVELS (Beginner to Advanced)
- MULTIPLE HEALTH GAINS (Increased Bone Density)
- FAT BURNING EXERCISE (Reduced Body Fat)
- USED BY ALL SPORTS PROFESSIONALS
(Rafa Nadal prime example)



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