

SHAKE YOUR WAY INTO THAT PARTY FROCK!

There's no escaping it - Christmas will soon be upon us and if you want to look good in your party-wear but could do with losing a few pounds, come and see us at Vibrofit.

Whole body vibration training involves exercising on a moving platform that works muscle in different areas of the body, increasing muscle tone and core strength. The increased blood flow means that tissue health improves. This movement further stimulates hormone production, increases metabolism and reduces stress related hormones. This in turn leads to weight reduction and not forgetting the feel good factor associated with exercise.

Vibration training is suitable for all fitness levels, our clients vary from those wanting to lose weight and tone up, to those who have a variety of medical conditions such as arthritis, back or joint problems and other conditions that mean going to a standard gym isn't suitable. Some clients come to us for pain relief, and we're very popular with



Paolo DeMarco,
co-owner of Vibrofit

golfers suffering with back problems, etc.

Using the machines can really make a difference, not only to your fitness level but also it really does make you feel good! The results are fantastic - aiding weight loss, firming up to improving skin quality, cellulite and varicose veins.

A session lasts just ten minutes so can fit in with busy schedules. Each session is the equivalent of an hour of conventional training in the gym so it really is the smartest way to exercise. Every session is with your own trainer to ensure you're getting the most from your workout and it is designed around your specific needs. So why don't you come along for a free trial and see if shaking makes **you** feel better?

(Advertising Feature)

vibrofit

Health Studio
2 Downham Road
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Only £55.00 for 10 sessions
For your FREE trial session please come and see us

Suitable for any fitness level

What are the benefits of whole body vibration training?

- **Weight loss**
- **Cellulite reduction**
- **Increase metabolism**
- **Increase flexibility**
- **Increase strength**
- **Reduce pain**
- **Detoxify the body**
- **Increase bone density**
- **Improve skin quality**
- **Repair damaged tissue**
- **Prevent varicose veins**
- **Helps MS sufferers**

10 minutes is the equivalent of 1 hour in the gym



Open: Mon & Fri 9am-7pm
Tue & Thu 1pm-8pm
Sat 8am-12noon
Closed Weds

