

STONE

MASSAGE

RE-HAB

STRETCH



**Vibro station** is going to be a HUGE compliment to our existing gym equipment but is a concept in its own right!

It will be superb for quickie sessions, if you are **pushed for time** and in **re-habilitation** scenarios where you can still **tone** really well, but without moving. (so exercising statically).

By this I mean you'll need specialist training to use it initially, but is available for the general public to use with **NO MEMBERSHIP REQUIRED** as once this training has been given, minimal follow up is required (unlike the gym)!

### **RATES & TERMS:**

All users:

A 1-2-1 Personal Training session on Vibro-Gym **must be done** prior to use:

£20.00 for half hour). You are then good to go!

£8.50/half hour / £5 for a 15 mins workout

**Gold Gym members:** £5 half hour, £3- 15 mins

Gold Gymmies: So half hour Vibro-Gym can be used INSTEAD of full hour normal session.

If you wish to use it (for up to half hr), as part of your normal 1 hr session I'll be looking for an additional £2.50 on top! Cat