



Body Action

A complete Body workout in 10mins

Single Session Only £5

3 Sessions (In 1 week) £12

Monthly Block Booking (12 Visits) £46

Book 5@ £25 Get 1 Free

Book 10@ £50 Get 2 Free.

Book 12@ £60 Get 3 Free

Vibration training on the Body Action is a non-strenuous, low impact method of exercise that only takes 10 minutes.

Improved Body Tone
Increased Muscle Strength
Remove Excess Body Fat
Improved Flexibility
Reduce Cellulite
Aid Toxin Removal
Increase Bone Density
Reduce Lower Back Pain
Increase Circulation

"Fast and easy exercises, 3 times a week during 6 weeks, using a controlled whole body vibrations apparatus, could improve the quality of life, the walk, the balance and the motor capacity in elderly patients." - Controlled Whole Body Vibration to Decrease Fall Risk and Improve Health Related Quality of Life in Elderly Patients.

American college of Rheumatology Annual Scientific Meeting in Orlando, FL.