

GET IN SHAPE AND LOOK GREAT!



IT'S FAST AND EASY AT POWERTONE STUDIOS

POWERTONING™ is a new full body work out technique that improves your muscle tone in less time than it takes to drink a cup of coffee. Using advanced technology that gives your body a high-speed workout, Powertone Studios will give you an experience that is five times more efficient than a session at the gym. You stand or sit on a Power Plate®, whilst it does most of the work. The vibration-based technique is so damn good that it tones every muscle in your body and you don't even break into a sweat. Imagine a 90 minute workout in 20 minutes, the future has arrived.

"I noticed a difference within 3 weeks. Unlike before, I can now actually SEE my muscles. My limbs are much more defined but with no bulk. I am stronger, more flexible and leaner overall!"
Gaia Geddes, Executive Fashion Editor, Harpers Bizarre

STEP UP TO THE PLATE & SEE THE RESULTS

- Improve your muscle tone • Increase fitness levels • Reduce body fat
- Enhance your energy • Stimulate endorphins and serotonin • Decrease cellulite

BOOK YOUR FREE TRIAL SESSION TODAY

[Powertone Studios](#)

Lower Ground, 13 Maddox Street, London W1S 2QG tel 020 7493 2422
5 Cotswold Mews, Battersea Square, London SW11 3RA tel 0207 228 833
www.powertonestudios.com



Powertone. Great results, no sweat.

advertising promotion

30min to spare

Londoners now have access to a fast track way to having a slim, toned body that was once the training secret of the stars such as Kylie, Claudia Schiffer and Elle Macpherson.

It has the same, if not better results than a 90 minute workout in a traditional gym, except it takes a third of the time. Workouts are easier, more enjoyable and can be done in the space of half an hour - in and out.

PowerTone Studios has been proving extremely popular with Londoners who have a desire for a more toned body but not enough time in which to do it. "My friends raved to me about the PowerPlate, and now I know why. It is a great invention and a convenient, time efficient, work out!" says Kylie Minogue. "I love using PowerPlate as part of my fitness regime as I can do a really intensive work out in such a short space of time. As a working mother with a hectic work schedule, using PowerPlate helps me stay in shape without having to spend hours in the gym," exhales Claudia Schiffer.

Using a unique technology originally developed by astronauts, PowerPlate's vibration training stimulates all of the body's muscles. PowerTone classes are an intensive, low impact workouts that quickly develop muscle tone, builds strength and helps burn fat. Participants can even wear casual clothes while training and generally a shower is not needed afterwards.

PowerTone also promotes endorphin production for a greater sense of well being. It increases stamina, reduces cellulite and improves circulation as well as co-ordination. Everything a body needs to live each day to the full. A full workout lasts just under 30 minutes so generally classes can be fitted in during most people's workdays or after work. Workouts can be taken on a casual basis, in discounted blocks or in monthly memberships.



READER OFFER

Book Your Free Session

5 Cotswold Mews
Battersea Square, SW11
020 7228 8333

or
13 Maddox Street, W1
020 7493 2422

www.powertonestudios.com