



power plate studio

Age group 14yrs and above

Days - Mondays to Saturdays

Timings - 6am to 9.30pm, ½ hour basis.

(Last slot @ 9pm)

Rates - 6500/- + taxes (12 session 1 month)

(Any 3 days/week)

Enjoy a 60-minute complete body workout in just 15 minutes!

Power Plate is a fitness machine with a difference. It's like giving your whole body the equivalent of an all-over workout in just fifteen minutes, and we're among the first to have a Power Plate Studio.

Power Plate training has an ever-growing legion of fans, including A list celebrities and sports personalities alike. It works by transferring vibrations to selected muscles around your body. Your muscles then contract, helping them to stretch, tone and strengthen. It's the low-impact way to maximize your fitness, faster.

Workout with a Power Plate machine and you can:

- Build better bone density to help against osteoporosis
- Improve flexibility and circulation
- Increase muscle strength and tone
- Improve relaxation and general well-being
- Accelerate weight loss and combat cellulite
- Enhance your performance and stamina

Slots available only on Advance booking basis with the trainer at the Health Zone reception.

Please Note:

- Eatables are not allowed in the Power Plate Studio. No food or beverage service will be allowed in the Power Plate Studio

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- Mobile phones should not be brought or used in the Power Plate Studio
- Training in the gym is at members' risk. The club management is not responsible for any mishap, or loss of life or belongings. Members with any medical ailments should provide the management with a doctor's certificate once they are fit to exercise.
- Only sports shoes shall be allowed while performing any activity on the Power Plate equipment. High-heeled shoes strictly not allowed.
- The cost of any damage to the Studio, Power Plate or any other equipment shall be borne by the party concerned.