

POWER PLATE®

YOU'VE HEARD
THE BUZZ.
NOW FEEL IT!

Unlimited access plus 6 x 15 minute
programme updates per year

ALL FOR
£30 PER YEAR*

*contact a membership
advisor or a member of the
gym team for details



THE CLUB

@ Renfrewshire Leisure

IMPROVE PERFORMANCE WITH A NEW REGIME

POWER PLATE®

- Improve core conditioning, stability & reflexes
- Increase explosive strength & power
- Increase co-ordination
- Reduce the appearance of cellulite
- Reduce stress

To learn more or to schedule a session contact a member of the fitness team or membership advisor

POWER PLATE®
AUTHORISED CENTRE