



Vibrogym

VibroGym generates vibrations that are transferred to your body. Standing on a VibroGym you will notice how your body automatically adjusts to this mechanical stimuli responding with a stretch reflex. This results in an increase of strength, flexibility and blood circulation.

Almost 100% of the body's muscles are exercised when using whole body vibration training, while conventional training methods only reach 40-60%.

The vibrations have a positive impact on your hormone balance and help to reduce stress. You feel more relaxed, fitter and more alert.

Within 10 minutes you can complete effective training of your entire body. This is possible because whole body vibration training stimulates the whole muscular system at once and not one muscle after the other.

VibroGym results and experiences to date, clients dropping a dress size, body fat reduction, improved toning, improved sleep patterns, weight loss, increased flexibility.

Vibrogym with Trainer 30 minutes

Single session £20

Block of 6 £90

Vibro Self Service: Free to annual members only