



TO BE HEALTHY. TO BE FIT. TO BE IN GOOD SHAPE.

Held's POWER PLATE Studio: FOR 9 YEARS IN HÜNENBERG SEE

INDIVIDUALLY – PERSONAL – TIME SAVING – SUCCESSFULL

What you are looking for..

- to tighten your body – to lose weight and to increase your well-being
- to increase your efficiency even in advanced age
- to improve your strength, coordination and flexibility
- to achieve your training goal successfully and in a fast way

What is missing...

- a proper and effective training plan
- the time and motivation
- the motivated, competent and discrete coach at your side

What you would like...

- to enjoy an individual training (1:1) accompanied by an advanced certified trainer
- to train on an individual customized training programme
- to be monitored and to be advised professionally in the following topics: Fitness training and nutrition (Power Formula)
- to be coached by a motivated personal trainer who has many years of experience and constantly completed trainings with Power-Plate Switzerland
- to train in a personal environment without «third party» looks
- to have a lot of fun

I am looking forward to being your personal Power Plate trainer and to leading you successfully to your training goal. German, English and French spoken.

Denise Held

Advanced Certified Power Plate Trainer



For more information about the acceleration training **in English**, visit the international Power Plate homepage on **www.powerplate.com**

Held's Power-Plate Studio

Oberer Chämletenweg 34a

6333 Hünenberg See

Phone: 041 781 05 33

www.helds-powerplate.ch

www.powerplate-schulung.ch