



Heritage
Health Academy

Do you want to.....

Supercharge your fitness?

melt your unwanted fat?

Increase muscular strength?

develop lean muscle?

gain results quicker?

ALL NEW ***KETTLE*** ***PLATE*** ***COURSES***

£30m/£40nm

FOR 6 WEEKS COURSE

40 MINUTES A SESSION 4 PER CLASS

**6 WEEKS OF
COMBINING
POWER PLATE
WITH KETTLE
BELLS!!!**

JOIN THE ACADEMY TEAM NOW

WEEK1 POWER PLATE BIKINI

WEEK2 POWER ABS 1

WEEK3 POWER CARDIO

WEEK4 POWER TONE

WEEK5 POWER PLATE ANTI-CELLULITE

WEEK6 BODY CONDITIONING CLASS



Gemma

Arterton

“ For me, staying in shape is about feeling healthy and looking toned, so the Power Plate® machine has been a revelation. It is a workout method that fits in with my schedule and helps me achieve my fitness goals, even when time is limited. I have already noticed the results and I just love the buzz I get after a workout. I also feel stronger and more energized. ”

