

The Toning Lounge - Power Assisted Exercise, Laser Lipo and Body Wraps - Get in shape



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-248051-z>

The Toning Lounge is a Toning tables studio in the village of Ringmer near Lewes. Our studio uses the latest, state of the art power assisted equipment from Shapemaster to help shape and tone you. We also have power plates along with a treadmill and exercise bike for Cardio work. Please book in for your FREE TRIAL Memberships from £29 p/m Toning Table benefits include: Increased Muscle tone, Strength and Flexibility, Can help relieve many conditions such as M.S, Arthritis, M.E, Stroke symptoms and fibromyalgia, Improved Mobility & Circulation And Inch Loss! Laser Lipo: Our Laser Lipo treatments are non invasive and provide instant inch loss and tighten the skin Contour Body Wraps: Our Body Wraps use a unique blend of mineral rock clay and specialist body wrapping techniques help cleanse and detoxify your body while actively compressing the soft fatty tissues, to create instant and lasting inch loss. Who can benefit? Those who want immediate results e.g. for a holiday or Wedding Reduce loose skin after pregnancy or weight changes Reduce the appearance of cellulite and stretch marks Men with problem stomachs, waists and midriffs Dieters looking to kick start their slimming plan Those who want to target excess inches in stubborn areas 74 Springett Ave, Ringmer, BN8 5QX 01273 812279 www.thetoninglounge.co

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