

Some of the Benefits of Regular Toning Table Sessions at Ship Shape:

- A proven system for inch loss
- Improves posture
- Improves flexibility
- Improves mobility
- Improves circulation
- Relieves stress and tension
- Improves overall muscle tone
- Non-rigorous exercise
- No sweating
- No aching muscles
- Suitable for ages 18-80
- Helps reduce and prevent the accumulation of cellulite in problem areas
- Suitable for people who do not wish to take part in strenuous activities, yet want to keep supple and trim

So, go on book your free demonstration session today. What have you got to lose?

A Toning Table session takes about an hour. There are 8 different toning tables, you exercise 7 minutes on each table working different parts of the body. This will give you a full body work-out (important in toning the whole body without building muscle). There is no particular order in which to use the tables, though some are more relaxing than others.

Results will be noticed after about 6 sessions. We can weigh and measure you to monitor your progress. This can be particularly helpful if you are trying to lose weight

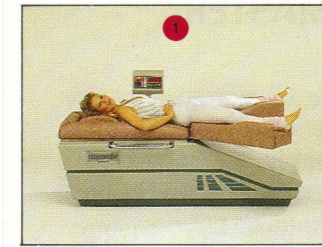
For the more energetic we have an exercise bike and a stairclimber that may be used in addition to the tables at no extra cost.

Toning Table sessions are always fully supervised by trained staff.

For best results 2 or 3 sessions a week are recommended.

We recommend you wear loose comfortable clothing, legs completely covered and a pair of socks. Not Denim jeans.

Vibration Training is also available either together with toning table sessions or separately.



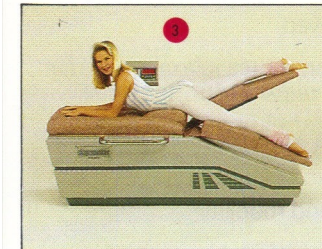
THIGH TRIMMER

Very effectively isolates the muscles of the inner and outer thighs, toning, trimming and smoothing any unattractive 'ripples'.



LEG TONER

This smooth, circular exercise movement effectively tones and trims the entire leg area, including inner, outer and frontal thigh – also calves.



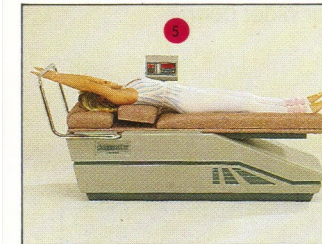
HIP – WAIST TRIMMER

Gently stretches and relaxes muscles, which firms, tightens and reduces the waist, stomach, hips and buttocks – also helps strengthen lower back.



STOMACH – HIP TRIMMER

Tones and tightens muscles in buttocks and hips as well as strengthening the stomach muscles by resistance tension.



UPPER BODY TONER

Exercises and firms the entire upper body. By lifting the rib cage, improved posture and shoulder flexibility is achieved.



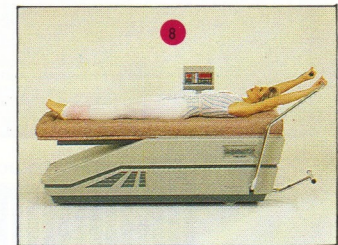
TUMMY TONER

The entire midriff region is toned and tightened – putting elasticity back into the abdominal muscles, getting rid of unsightly 'tummy bulge'.



WAIST TRIMMER

Strengthens and tightens abdominal muscles and lower back. It improves muscle tone all over the body and helps to trim the waistline.



CIRCULATOR – ROWER

Eases tension and stress, improves circulation and promotes a feeling of well-being. Tones chest/bust, upper arms and shoulders.