active lifestyle

You can do over 250 exercises on this!

Discover GRAVITY by Total Gym

Free training sessions 16 Apr 2016 (Sat)

Venue: Functional Training Institute
222 Queen Street #03-01/02, Singapore 188550

Time: 9am - 4pm

Details

Introduction

Join the community of Total Gym users this day and experience a whole new dimension of bodyweight training; It's fun, it's effective and it's safe. Bring a friend or make a friend with Total Gym GRAVITY this coming Discovery session for FREE.

When it comes to moving YOU, the Total Gym family of products is all business. Each piece is designed to fuel and fortify optimal human function, adaptability, progression and performance.

Total Gym products embrace bodyweight training that promotes movement in and through the cardinal planes; plyometric, acceleration and deceleration training; neuromuscular stimulation of the proprioceptors; explosive movement; and calibrated partial loading for rehabilitation of injured joint(s).

Total Gym...all about moving YOU. Your performance. Your success.

Group sessions

Grab a partner OR come in with a party of four for a 30min workout session for times slots at 9am, 11am or 3pm.

Going Solo

If Solo is how you would like it, Join us any time inbetween 9am - 4pm avoiding Group session time slots.

For registration, email:
info@fti-lwz.com

For sales enquires, email:
sales@activelifestyle.com.sg

www.activelifestylegroup.com

Jointly organised with: total gym Reflex-O TRAINING INSTITUTE