Dlanb FITNESS

Every plan B should feel this good

Stabilize your back. Straighten your posture. Supercharge your life.

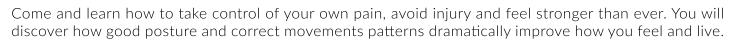
Classes with Wojtek Bachorski Certified Foundation Training Instructor

Do you want to:

- Improve your posture
- Increase your strenght, flexibility and power
- Reduce your risk of injury
- Speed up your recovery time
- Improve your sporting performance

Or do you suffer from:

- Back pains
- Sore hips and knees
- Neck and shoulder ache
- Tension headaches
- Incorrect posture



No equipment necessary, I will provide everything that is needed. All that is required are some comfortable clothing, a desire to feel stronger and better, and a willingness to try something new.

30 CHF/session. Abo: 300 CHF/11 sessions. Register at info@planbfitness.ch Classes are held on Wednesdays, 18:00-19:00 @ Mamma Mia's, Mattweg 2 - 4144 Arlesheim

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- PlanBFitness.ch
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More about the method at:

www.planbfitness.ch