

Power Plate

Power Plate is a whole-body training device, which through accelerations at set frequencies is able to cause muscle contractions throughout the entire body and thus supports a targeted training programme that is tailored to your needs.

Our personal trainers will be happy to support you and will help you achieve your objectives:

- Improving your metabolism
- Increasing your muscular strength
- Improving your agility
- Encouraging better circulation
- Increasing your ability to relax
- Reducing cellulite

Training with Power Plate
supervised by a personal trainer

30 min

CHF 60.00



For detailed information and to make a reservation, please feel free to contact us at the spa on Tel +41 44 456 64 00, or by e-mail at spa@thedoldergrand.com