

Definition - Arms

May be used following a series of toning sessions as a finishing touch.

This is also for fitness competitors or anyone with minimal body fat to accentuate muscle tone.

Recommended a minimum of 5 sessions for best results.

May be performed TWICE per week.

65-75 mins

One Session

\$225

Five Sessions

\$900

Definition - Abdomen

May be used following a series of toning sessions as a finishing touch.

This is also for fitness competitors or anyone with minimal body fat to accentuate muscle tone.

Recommended a minimum of 5 sessions for best results.

May be performed TWICE per week.

65-75 mins

One Session

\$250

Five Sessions

\$975

Definition - Gluteus

May be used following a series of toning sessions as a finishing touch.

This is also for fitness competitors or anyone with minimal body fat to accentuate muscle tone.

Recommended a minimum of 5 sessions for best results.

May be performed TWICE a week.

75-85 mins

One Session

\$250

Five Sessions

\$975

Definition - Legs

May be used following a series of toning sessions as a finishing touch. This is also for fitness competitors or anyone with minimal body fat to accentuate muscle tone.

Recommended a minimum of 5 sessions for best results.

May be performed TWICE per week.
80-90 mins

One Session

\$250

Five Sessions

\$975

Definition - Hips

May be used following a series of toning sessions as a finishing touch. This is also for fitness competitors or anyone with minimal body fat to accentuate muscle tone.

Recommended a minimum of 5 sessions for best results.

May be performed TWICE per week.
70-80 mins

One Session

\$225

Five Sessions

\$900

Definition - Back

May be used following a series of toning sessions as a finishing touch. This is also for fitness competitors or anyone with minimal body fat to accentuate muscle tone.

Recommended a minimum of 5 sessions for best results.

May be performed TWICE per week.
75-85 mins

One Session

\$250

Five Sessions

\$1000