

# Move Three Sixty... One body, one chance.

## POST FESTIVE SEASON SPECIALS\*

**Personal Training** - Move Three Sixty's elite Personal Trainers will assess your body and then devise a bespoke exercise and stretching program to ensure your goals are met quickly and safely.

**1hr Personal Training £45 (normally £65!)**

**Massage Therapists** - choose from the diverse range of techniques and rid the body of unwanted toxins, improving complexion and relaxation. **1hr Massage £50 (normally £65!)**

**Metabolic Typing** an 8 week program that is a unique way of making sure that your own biochemical individual requirements are met through simple healthy eating. It will change your habits for a lifetime. You will be amazed to see how the weight will drop off! **8 week Metabolic Typing Program £180 (normally £250!)**

\* all offers available until 31/01/10

Move Three Sixty is unique as they cover every aspect of a healthy daily lifestyle - physical, mental and nutritional. The company has no weaknesses and can come to you if you can't go to them. We have mobile Trainers and Therapists ready to travel to your doorstep if work, family or physical trauma is limiting your time or ability to travel.

- Personal Training
- Sports Specific Training
- Metabolic Typing & Hormonal Testing
- Core, Balance And Stability Strength Training
- Outdoor Training Including Boot Camps
- Nutrition And Lifestyle Consultation
- Swiss Ball Training
- Strength Conditioning
- Injury Prevention & Injury Rehabilitation
- Pre And Post Natal Pilates
- Pilates & Yoga
- Physiotherapy & Osteopathy
- Massage
- Reflexology & Reiki
- Cranio Sacral Therapy
- Pose Running
- Trx & Kettlebells



MOVE THREE SIXTY

Home/office visits by arrangement.  
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