Lifetime Wellness Center in Melbourne is now offering The Original Toning Table Exercise Treatments

Kathy Pihlaja, inventor, keeps in touch with customers and their needs by personally offering exercise treatments on The Original Toning Tables at The Lifetime Wellness Center, 618 Washburn Rd., Melbourne, Florida, 693-8698. Must have an appointment

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Lifetime Wellness Center is now offering the Original Toning Table exercise treatments to the public. The Original Toning Tables firm, tone and strengthen core muscles using a combination of physical therapy and isometric exercise movements. 1 hour on The Original Toning Tables = 14 hours of traditional exercise without the muscle strain and fatigue associated with traditional exercise. Using the Original Toning Tables an individual increases energy, increases blood circulation, and loses inches in specific problem areas all without causing any stress or trauma to the joints. The Original Toning Tables are a series of 10 motorized exercise machines that take an individual through a particular range of motion, level of intensity, speed and number of repetitions to achieve a healthy and toned body. The Original Toning Tables are not passive exercise. The individual uses his/her own muscles to work along with each of the Original Toning Tables actively participating to the comfortable limit of the user. Results are seen quickly, starting usually within 2 weeks. Inventor and manufacturer of The Original Toning Tables, Kathy Pihlaja, keeps in touch with the current needs of customers by personally offering The Original Toning Tables exercise treatments on Tuesdays 12:30pm- 7 pm, Thursdays 12:30 pm- 3:30 pm and Fridays from 5pm-7pm at the Lifetime Wellness Center 618 Washburn Rd., Melbourne, Florida. All treatments are by appointment only. The first treatment is free. Subsequent treatments cost $5.00. There are no contracts or no sign up fees. To make an appointment call Kathy at 693-8698. To see The Original Toning Tables and get an explanation of what each one does, go to http://www.LifetimeWellnessCenters.com

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Kathy Pihlaja, inventor, first introduced what has become known today as "toning tables" in 1980 after operating 3 successful toning table salons which ultimately lead to full time manufacturing and sales of The Original Toning Tables.

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Source: Kathy Pihlaja
City/Town: Melbourne
State/Province: Florida
Zip: 32934
Country: United States
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