

# The Multimaster Pilates Table

– A Power Assisted Exercise & Rehabilitation Machine –  
Twin Ponds Integrative Health Center

- ◆ *Ready to work smart, not hard?*
- ◆ *Does injury, illness or age keep you from getting fit?*
- ◆ *What if you could get a full-body workout in as little as 15 minutes?*



Moving table parts: arms • upper body • hips • legs • low frequency sound-wave therapy

**Works at Your Ability • Passively or Actively • Multiple Speeds  
No muscle Strain • No Fatigue**

## The Multimaster Pilates Table provides

A full body workout in just 15 to 30 minutes with slow, continuous, smooth, and controlled exercises that improve your overall health – physically, mentally, and emotionally.

## The extraordinary machine is suitable for people who

- Want to improve muscle tone, strength, endurance and range of motion
- Want to lose weight
- Need to manage or rehabilitate physical challenges
- Want new innovative ways to deal with stress and improve their mind
- Use cross training to improve their favorite sport or exercise approach

**Research at Oklahoma State University showed that 78 year olds exercising on this equipment for just 30 minutes, 2 times a week for 10 weeks resulted in:**

- 34% increased leg and 30% arm strength
- 50% improved muscle strength,
- 22% increased mobility, agility
- 33% increased balance
- improved emotional benefits

## Fees:

Session with Trainer, Betsy Wetzig: \$80 / hour, \$40 / half hour

Session without Trainer: \$25 / half hour, \$15 / 15 min.

\* People with certain disabilities will need additional time with a Trainer.

**Trainer: Betsy Wetzig: call 610-398-9652 for appointment**

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