



plan**b**

F I T N E S S

Every plan B should
feel this good

Stabilize your back. Straighten
your posture. Supercharge your life.

Classes with Wojtek Bachorski

Certified Foundation Training Instructor

Do you want to:

- Improve your posture
- Increase your strength, flexibility and power
- Reduce your risk of injury
- Speed up your recovery time
- Improve your sporting performance

Or do you suffer from:

- Back pains
- Sore hips and knees
- Neck and shoulder ache
- Tension headaches
- Incorrect posture

Come and learn how to take control of your own pain, avoid injury and feel stronger than ever. You will discover how good posture and correct movements patterns dramatically improve how you feel and live.

No equipment necessary, I will provide everything that is needed. All that is required are some comfortable clothing, a desire to feel stronger and better, and a willingness to try something new.

30 CHF/session. Abo: 300 CHF/11 sessions. Register at info@planbfitness.ch





Classes are held on Wednesdays, 17:45-18:45 @ Mamma Mia's, Mattweg 2 - 4144 Arlesheim



FOUNDATION
TRAINING
**CERTIFIED
INSTRUCTOR**

More about the method at:

www.planbfitness.ch

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