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| **Hallo Max!**Leider ist kein Ende des Lockdowns in Sicht.Umso wichtiger ist es jetzt nicht zu kapitulieren!“Wir müssen unseren Körperselbst optimieren!Ihm regelmäßig die richtigenBewegungen abverlangen,  ihn bestmöglich mit gesunder Nahrung versorgen!Nur so schaffen wir die besten Voraussetzungen, dass wir uns ein Leben lang gesund fühlen, voll beweglich bleiben,und somit diemeisten Krankheitennicht entstehen werden.”Wir sind von Montag bis Freitag  für euch von 9-12 und von 17-20 Uhr da!Medizinisches Training nach vorheriger Anmeldung weiterhin möglich.Vom 24.12 bis 03.01. 2021 bleibt Platinum Medical geschlossen.Ab dem 04.01. können Termine  wie gewohnt gebucht  werden.Trainiere mit mir online motion4betterlife alle Kurse für aktive Mitglieder frei zugänglich!Laut Kursplan in deiner APPus02web.zoom.us/j/4272379102?pwd=YWZKRjFtTEhncU1leUtKSXhzdTlLUT09Code: Motion |

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| Verschenke Gesundheit! 10 Trainingstage Vip Gutschein inklusive Gesundheitsberatung & TrainingsplanerstellungBerechtigt die Nutzung an Kursen, der Trainingsfläche sowie Five Rücken & Gelenkzentrum und den Wellnessbereich nach Corona             Kosten: 149€ 21 Trainingstage Vip Gutschein inklusive Gesundheitsberatung & TrainingsplanerstellungBerechtigt die Nutzung an Kursen, der Trainingsfläche sowie Five Rücken & Gelenkzentrum und den Wellnessbereich nach Corona!            Kosten: 199€  |

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