



**LACityMom**

<http://www.powerplate.com/b...>

here's the Power Plate link for info,  
my abs could sure use some help,  
after too much blueberry pie

37 minutes ago from web

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Just heard about the pop up Power Plate Studio in Brentwood  
Center. It is supposed to be an amazing workout - anyone tried it?

39 minutes ago from web

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