



Fitness Classes

Train like a woman for a woman's physique

www.dynamxgym.co.za



076 698 9994



FREE TRIAL

Rates

Cash, Card, EFT

Unlimited:

Any 3 Classes / week

Any 2 Classes / week

Any 1 Class / week

SCHOLAR/STUDENT/OVER 60'S:

R 1350

R 1150

R 900

R 550

R 850 for 3 classes

Holidaymakers welcome

Drop In: R 160

Pack of 5 classes: R 650

Pack of 10 classes: R 1100

Personal Training: R 400

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7:15 AM

Stronger Leaner
(heavy weights)

9 AM

Chair Based
Strength Focus

4:30 PM

Stronger Leaner
(heavy weights)

7:15 AM

Slow Burn Mat
Class (All)

9 AM

**Tai Chi / Qigong
(All)**

4:30PM

Slow Burn Mat
Class

7:15 AM

Suspension
Training (All)

9 AM

Suspension
Training (Begin)

4:30 PM

Suspension
Training

7:15 AM

Ab Core & Tone
(All)

9 AM

Ab Core & Tone
(Beginners)

4:30PM

Ab Core & Tone

9 AM

Fascia / Stretch
Rehabilitation

4:30 PM

**Yoga/Fascia
Stretch**