



# Fitness Classes

*Train like a woman for a woman's physique*

www.dynamxgym.co.za



076 698 9994



**FREE TRIAL**

## Rates

### By Debit Order

### Cash, Card, EFT

Unlimited:

R 1200

R 1290

Any 3 Classes / week

R 950

R 1040

Any 2 Classes / week

R 800

R 890

Any 1 Class / week

R 550

R 600

**SCHOLAR/STUDENT/OVER 60'S:**

**R 699 for 3 classes**

Drop In: R 150 Pack of 5: R 600 or 10: R 1000

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**7:15 AM**

Stronger Leaner

**7:15 AM**

Slow Burn

**7:15 AM**

Mixed Mobility  
Circuit

**7:15 AM**

Ab Core & Tone

**8:00 AM**

Fascia / Stretch  
Rehabilitation

**8:15 AM**

Stronger Leaner

**8:15 AM**

**ZUMBA Dance  
Fitness**

**8:15 AM**

Slow Burn

**8:15 AM**

Ab Core & Tone

**4:15 PM**

Stronger Leaner

**4:15 PM**

Mixed Mobility  
Circuit

**4:15 PM**

Fascia/ Stretch  
Rehabilitation

**4:15PM**

Slow Burn OR  
TRX Suspension

**4:15 PM**

**Yoga**