

Train like a woman for a woman's physique

Ladies fitness  
**dynamx**

# CLASS SCHEDULE

Personal Training: From R 250/hr      Drop in: R 150

**BY DEBIT ORDER ARRANGEMENT**

**Unlimited: R 1200**

**Any 3 Classes R 900**

**Any 2 Classes R 750**

**Any 1 Class R 500**

**OVER 60's: R 699 Unlimited Classes**

**MONTHLY CASH/EFT**

**R 1290**

**R 990**

**R 840**

**R 550**

**Mon**

## **TONE & SHAPE**

Functional Fitness including mobility, cardio & strength training

7:15 - 8:00 am

8:30 - 9:15 am

4 - 4:45 pm

**Tue**

## **FLEX & TONE**

Low impact pilates-like mat class with various equipment aids

7:15 - 8:15 am

8:30 - 9:30 am

4 - 5 pm

**Wed**

## **TABATA CIRCUIT**

Build a lady-shaped physique, raise your resting metabolic rate.

7:15 - 8 am

8:30 - 9:15 am

## **VINYASA YOGA \***

A gentle flow style of yoga

4 - 5pm

Booking Essential

**Thu**

## **ALL CORE**

Targeted core strengthening exercises for improved posture

7:15- 8:00 am

8:30 - 9:15 am

4 - 4:45 pm

**Fri**

## **MOBILITY**

Rehabilitative movements including fascia release and physiotherapy type exercises

8 - 9am

## **YIN YOGA**

Passive yoga style holding poses for extended periods

4 pm - 5 pm