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BODY DYNAMIX

WHAT IS BODY DYNAMIX?

Body Dynamix is an uniquely designed wellness program that is a *fusion between Pilates, core exercise, strength building, flexibility and toning*. During a Body Dynamix session it lengthens and stretches all the major muscle groups in the body in a balanced fashion. It requires concentration in finding a centre point to control your body through movement.

Classes are presented by Massage To Wellness and the 60 minute class is presented by Claude van Staden.

Classes are limited to a maximum of 8 people, ensuring you get that personal connection during the session.

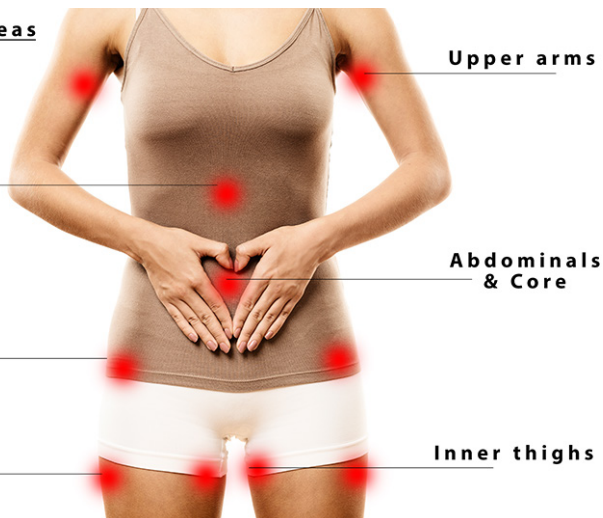
Class Schedule:

Mondays: Summer 17:30 / Winter 17:00

Wednesdays: Summer 17:30 / Winter 17:00

(Space is limited, booking is essential)

Target Areas



Upper arms

Spine & Back

Abdominals & Core

Buttocks

Thighs

Inner thighs

KEY PRINCIPLES OF BODY DYNAMIX

Breathing: properly coordinate breathing practice with movement.

Concentration: Body Dynamix demands intense focus, the way that exercises are done is more important than the exercises themselves.

Control & Precision: The focus is on doing one precise and perfect movement, rather than halfhearted ones.

Centering & Core: For practitioners to control their bodies, they must have a starting place: the center. The center is the focal point of Body Dynamix.

Posture: Using correct posture while doing exercises improves safety by correcting muscle imbalances and optimizing coordination.

Flow & Relaxation: aim for elegant economy of movement, creating flow through the use of appropriate transitions. Body and mind is aligned into the rhythm of the body and movements.

HEALTH BENEFITS

- A refreshing mind-body workout
- Develop a strong core
- Gain long, lean muscles and flexibility
- Improve sports performance
- Improves posture
- Rehabilitation or prevention of injuries
- Stress management and relaxation

PRICING

R110 - Single Class

R400 - 4 x Package **SAVE R40!**

R760 - 8 x Package **SAVE R120!**

For bookings, please contact Massage To Wellness on 074 531 6113 or admin@massagetowellness.co.za