



CALLANETICS

Callanetics consists of a series of stretch and contracting exercises that improve muscle tone and strength using small, gentle movements called pulses.

Benefits include firming and toning of the arms, rounding and lifting of the buttocks and improving your overall posture and flexibility. No jolting or bouncing movements means no pressure on the joints therefore there is no age barrier to participate.

Looking forward to you being part of our Callanetics family.

Classes start 1 March at 9h00 - 9h45

Cost: R150 per month

