

O.n.S Health Studio



Phone: +27 83 321 4336

Personal Training With one-on-one/personal training we work individually with a client to: measure their client's strengths and weaknesses with fitness assessments plan or implement an exercise or fitness regimen motivate clients by setting goals and providing feedback and accountability educate our clients in many other aspects of wellness besides exercise, including general health and nutrition guidelines. At O.n.S Health Studio we do not believe in a single approach to fitness, but rather incorporates many facets to design a program that is tailored to your individual needs. Our clients become part of our lives and vice versa.

Boot Camps Our Hectic Boot Camp is a type of group physical training program conducted by a personal trainer and are designed to build strength and fitness through a variety of intense group intervals over a 45 minute period of time.

Class sizes & equipment Our classes are small with a maximum of 6 participants at a time. Each person wears a Polar H7 Heart Rate Monitor during the class, to follow their progress.

Biokinetics Life through Movement Injury prevention, assessment and rehabilitation At our practice we can help you if you: Suffer from chronic disease (heart disease, hypertension, arthritis or diabetes) and want to improve your quality of life. Suffer from orthopaedic conditions that prevent you from optimising your quality of life. Need post-operative (shoulder, spine, knees, and shoulder) rehabilitation exercise therapy Have recurring sports injuries. Require exercise as

part of a weight management programme. Are sedentary and need to increase your physical fitness levels. Need to improve your general physical abilities through exercise.

Email: info@onshealth.co.za

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