



VAL DE VIE
ANNO 1783

PEARL VALLEY

JACK NICKLAUS
SIGNATURE GOLF COURSE

BIOKINETICISTS SERVICES

LONG TERM ATHLETIC DEVELOPMENT FOR KIDS / REHABILITATIONS
(Chronic and Orthopedic) / BODY COMPOSITION ANALYSIS *(Weight loss)*
 VITALITY FITNESS ASSESSMENTS / SPORT SPECIFIC TRAINING
 RUNNING ANALYSIS / CYCLING ANALYSIS / GOLF ANALYSIS

GROUP FITNESS CLASSES

GROUP CLASSES	DAY(S)	TIMES
SPINNING	Tuesdays and Thursdays	06:45 - 7:30
PILATES (mat)	Tuesdays and Fridays	09:00 - 10:00
AQUA AEROBICS	Mondays and Thursdays	10:00 - 11:00
HIIT	Mondays, Wednesdays and Fridays	09:00 - 10:00
OUTDOOR TRAINING	Tuesdays and Saturdays	10:00 - 10:00
SPORTS MASSAGE	Mondays to Saturdays	MO-FRI: 06:00 - 17:00 SAT: 08:00 - 12:00

CONTACT US: gym@valdevie.co.za / 076 408 7608