



# FAIRWINDS

WELLNESS CLUB

## MEET OUR TRAINERS



### Johnny Botha

Personal Trainer, Kinesiologist

Johnny Botha is a certified Personal Trainer specializing in Biokinetics and Kinesiology. After completing his studies in South Africa, Botha has gained extensive knowledge of assessment, strength and conditioning principles, and injury treatment and prevention. One-on-one training sessions include exercise and movement to assist postural and movement problem areas and muscular imbalances.

Botha combines his knowledge and passion for the human body to also offer specialized services such as kinesiology, athletic therapy, and EMS/TENS treatments.



### Linda Thiesen

Personal Trainer

Linda Thiesen is a certified group fitness instructor and qualified personal trainer with over 15 years of experience in the fitness industry. She has taught a range of group classes such as Heartwise, Bootcamp, Muscle Max, and Spin. Linda's passion for health, wellness, and fitness assists her to connect on a personal level with group classes and one-on-one training.

#### TANDEM TRAINING

Four 1-hour session / \$200 Per Person

Get fit with a spouse or friend, with added support and motivation. Includes four 1 hour sessions for you and a partner with a certified personal trainer.

#### PRIVATE TRAINING

1-hour session

SESSIONS	ADULT
3 Sessions	\$220
8 Sessions	\$552



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## EMS AND TENS

TENS machines are used to relieve nerve, muscle or joint pain, which is often chronic and takes various forms, including inflammatory arthritis, back pain, foot pain, contractions during childbirth, or post-operative pain. Migraine pain can be relieved by specialized TENS machines.

EMS machines, on the other hand, are used to relax or strengthen the muscles, for example in cases of muscular spasm, poor blood circulation (particularly in the back and nape of the neck), muscle atrophy after an illness or as part of rehabilitation from an injury. They are therefore, more often recommended for the relief of muscle pain. Athletes also sometimes use EMS to recover from an injury more quickly, as electrical muscle stimulation will enable them to (re)build muscle without too much strain and to exercise muscles that they may not use very much.

### Benefits:

- Pain Relief
- Pre and post-surgery therapy
- Strength conditioning
- Neurological conditions
- Esthetics therapy
- Improve circulation
- Prevent muscle atrophy
- Prevent low muscle tone

## PRICING

### SESSIONS

1 x 30 min	\$45
3 x 30 mins	\$130