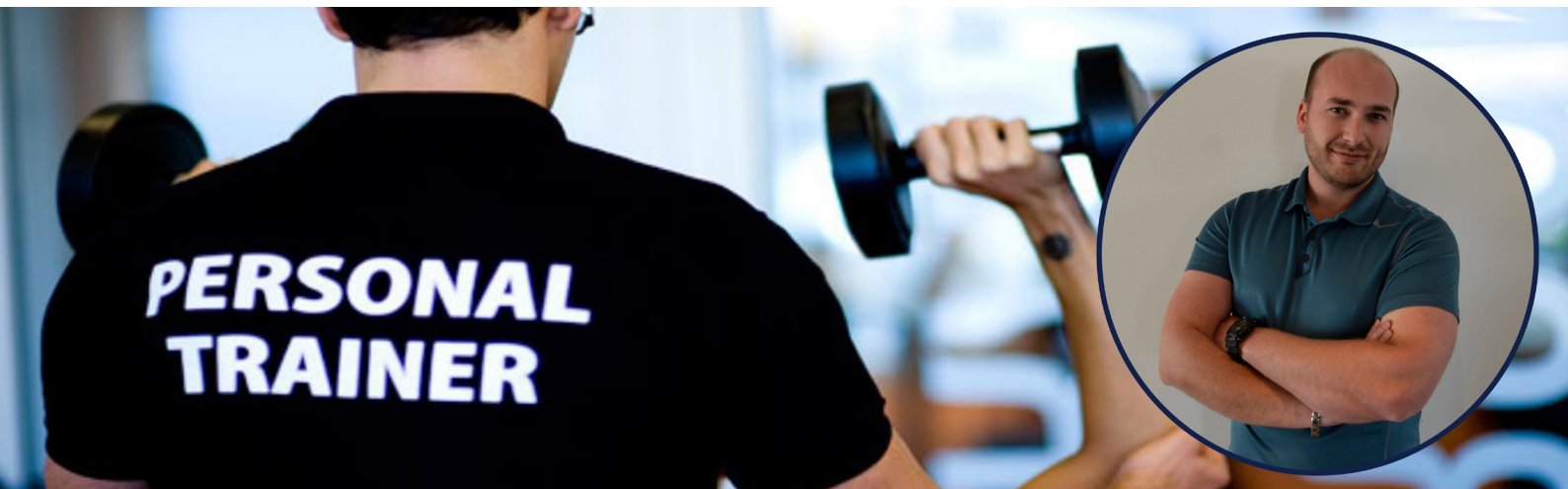




THE COUNTRY CLUB  
JOHANNESBURG



# Chris Weerts

**Qualifications:** Nat. Cert. Ex. Sci (HFPA)  
Sports Massage Therapy (HFPA)

**What I Do:** Weight loss and toning  
Muscle and strength training  
Golf specific training  
Core strengthening  
Interval training  
Injury rehabilitation  
Ultra event and endurance training  
Sports specific training  
Plyometric  
Group and corporate training  
Boxing  
Sports massage therapy

**Experience:** I have been working in the professional fitness field since 2007  
Practiced sports massage therapy since 2010  
Olympic trainer for the Beijing Olympics  
Ultra event training such as desert cross and ironman  
Corporate group training with various companies



Contact Chris for more information & bookings  
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