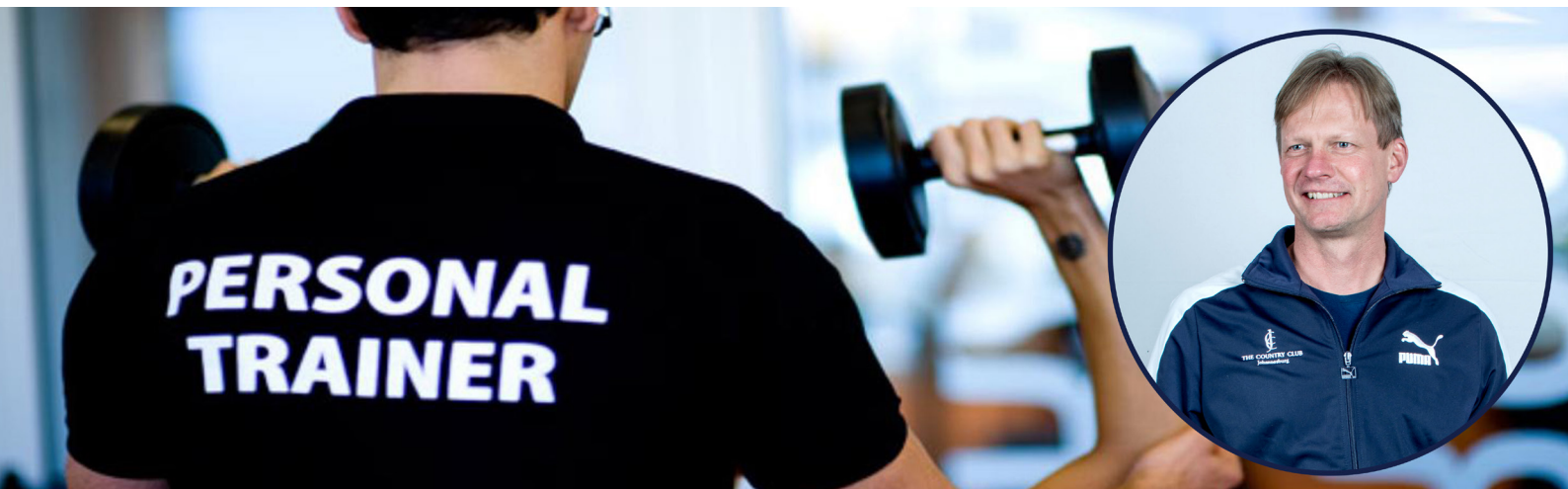




THE COUNTRY CLUB
JOHANNESBURG



Thomas Witt

Qualifications:

Numerous personal training qualifications including Reebok
Body Arts and Sciences Pilates teacher (USA)
Yoga teacher (Bangalore, India)
Functional training, Kettlebell and TRX courses
Qualified massage therapist and Aromatherapist
Stress management and facilitator
Numerous workshops on Pilates rehab, aqua rehab, knee, spinal rehab, supa-bands,
thera-bands and more.

What I Do:

Functional movement specialist
Specialize in exercise as a form of therapy for all adults to maintain healthy bones
and joints, pain-free movement, good posture and fitness that will ensure you lead the
lifestyle you deserve.



Contact Jurgens for more information & bookings
thomaskurtwitt@gmail.com | 082 882 1631