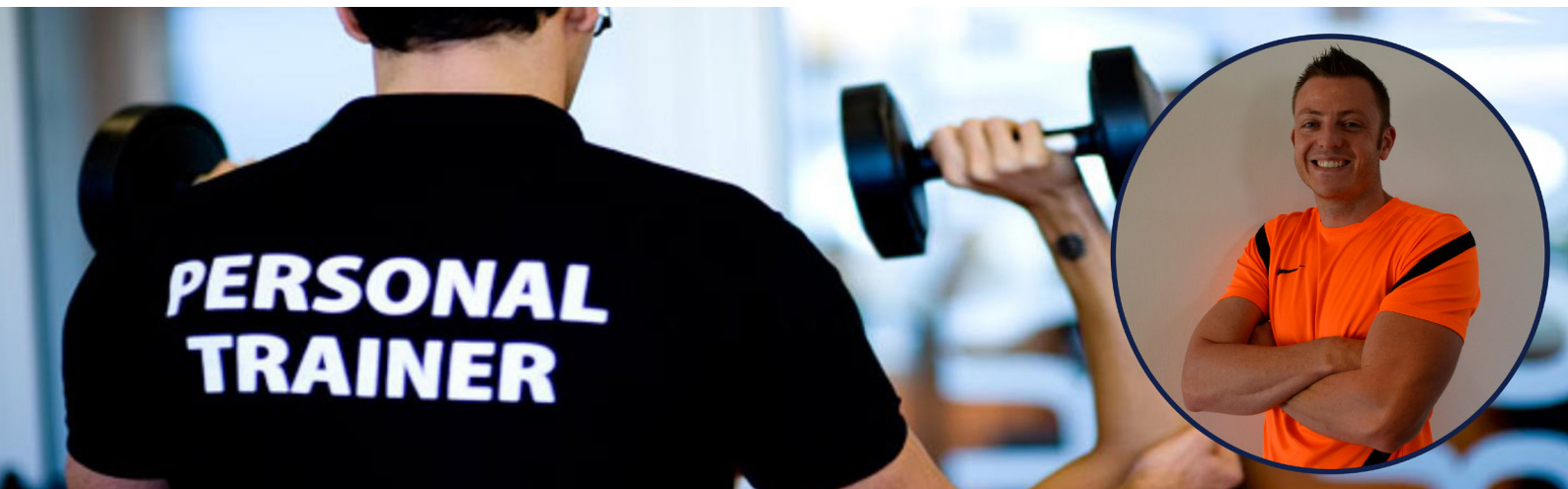




THE COUNTRY CLUB
JOHANNESBURG



Jurgens Grobler

Qualifications: B.A Human Movement Scientist and Psychology (NWU)
Sport Massage Therapist

What I Do: Golf and triathlon specific training
Runners – Injury, rehab, strengthening and conditioning
Body weight training
High intensity interval training
Strength training
Healthy exercise and weight loss
Crossfit and bootcamp training
Hypertrophy training
Functional fitness
Balance and plyometric
Child development and motor development
Group personal training
Functional fitness for older adults

Experience: Sport massage therapist since 2003
Personal trainer since 2006
Sports specific training since 2006
Sports injury, rehab and prevention since 2006
Shoulder, knee, hip and back



Contact Jurgens for more information & bookings
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