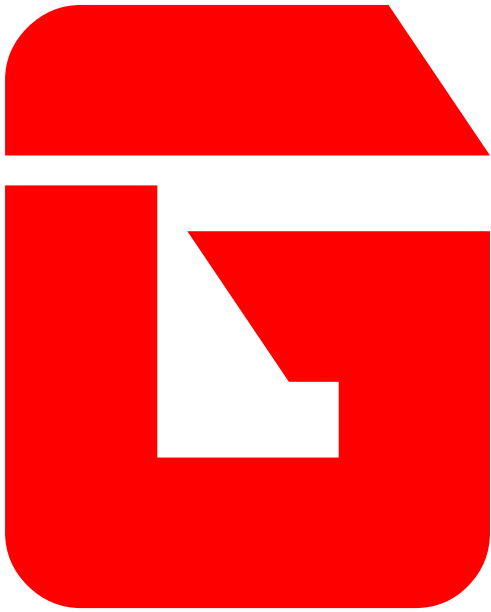


THABISO MTHETHWA

FLOOR ASSISTANT & GROUP WEIGHT TRAINING



SPECIALISED TRAINER

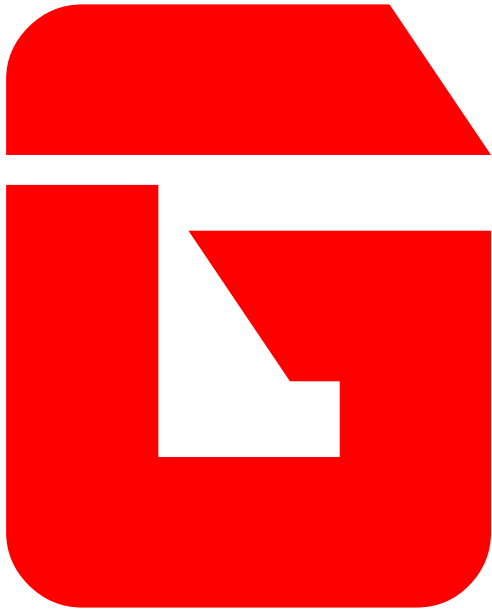


Qualifications	Group Weight Instructor
Email	info@gymonthecorner.co.za
Contact	011-782-4849
Specialities	Weight training
Motto	Gym like a beast, eat like a horse, sleep like a baby!

www.gymonthecorner.co.za

KRU DANIELA ROTTEGLIA

PERSONAL TRAINER - MUAY THAI

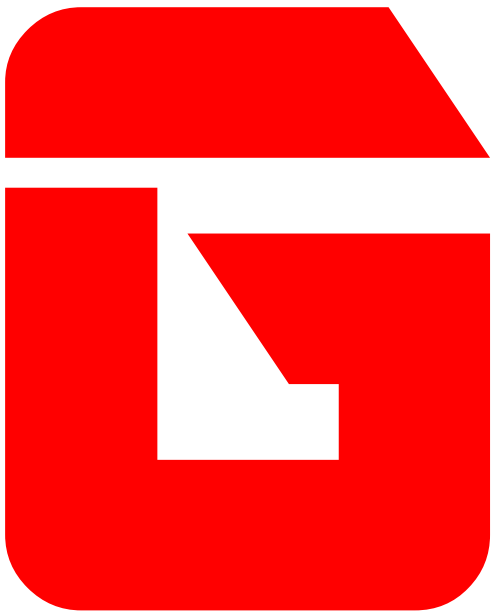


SPECIALISED TRAINER

Qualifications	Qualified a Kru by SAMF but also getting my WKU coach and the qualifications from WMO
Email	Redstallionmt@gmail.com Daniela@redstallionmuaythai.co.za
Contact	0714423251
Specialities	Bronze medalist in 2024 IFMA World Championships. Representing South Africa. Professional fighter.
Motto	"1% better everyday"

GAKEARABE KHUMALO

INSTRUCTOR – STEP, BOXING & AEROBICS

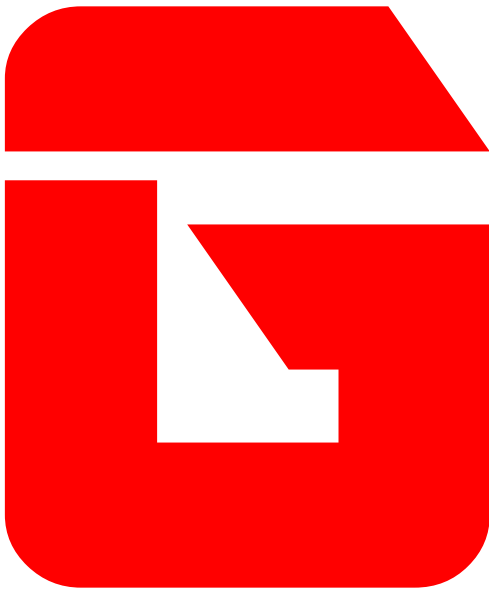


SPECIALISED TRAINER

Email	<u>kgakearabe@gmail.com</u>
Contact	061 2394893
Specialities	Step, boxing & aerobics
Motto	“I abort fat for living”

MAO UTONGA

Instructor, Spinning, Yoga, Functional Stretch



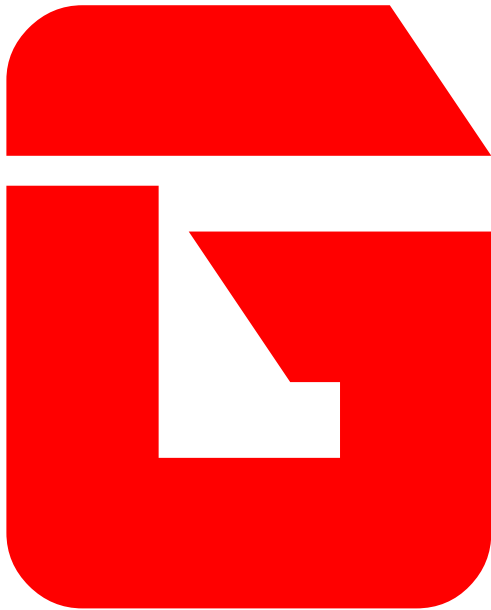
STAFF & INSTRUCTOR



Qualifications	Played for Bidvest Wits Football Club and Golden Arrows (PSL, Zimbabwe), Personal Trainer, Yoga, Spinning
Email	Maomoyo7@gmail.com
Contact	078 700 0735
Specialities	Abs, spinning, soccer, yoga, body conditioning, nutrition and personal training.
Motto	No pain, no gain!

JP LOURENCO

Functional Trainer & Calisthenics
& Personal Trainer



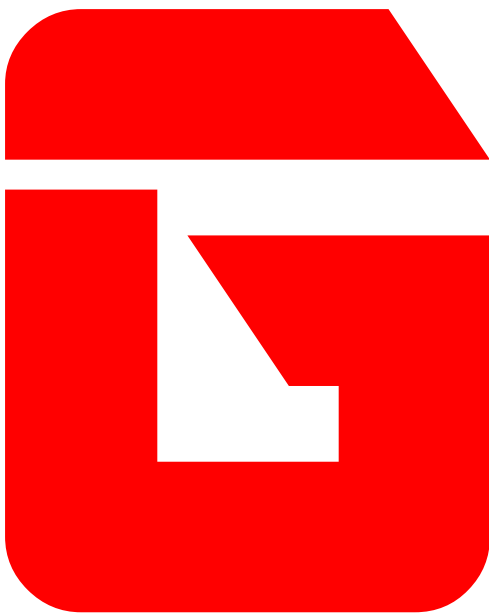
SPECIALISED TRAINER

Qualifications	Personal Trainer and Fitness Instructor
Contact	078 797 6454
Email	jplourenco619@gmail.com
Specialities	Weight Loss; Fitness; Strength; Building, Endurance & Toning
Motto	If you can believe it ... you can achieve it!

MIENTJIE SMIT

INSTRUCTOR – PILATES

HYBRID FITNESS, TABATA, BALL COMBO,
GROUP CIRCUIT



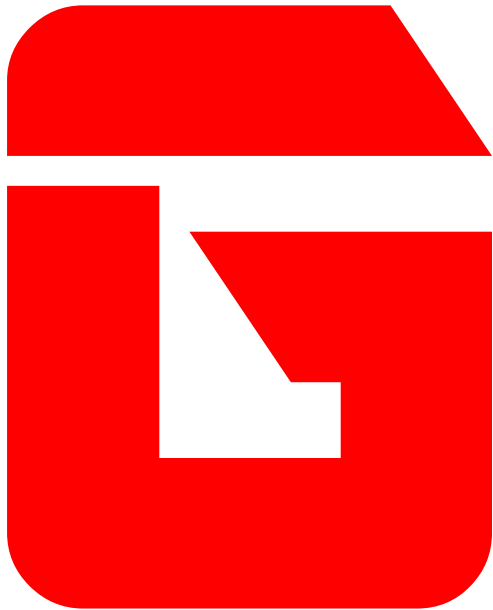
SPECIALISED TRAINER

Qualifications	Pilates instructor, Posture and injury prevention Specialist, Fit ball, Yoga, Exercise/Pregnancy instructor and CPR
Contact	011- 782 4849
Email	admin@gymonthecorner.co.za
Motto	Don't overthink it, just do it!

www.gymonthecorner.co.za

MONICA BAKER

SPINNING INSTRUCTOR

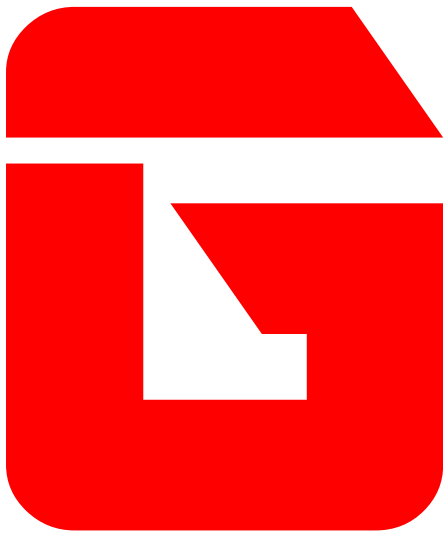


SPECIALISED TRAINER

Qualifications	Spinning, Body Pump, Sprint (interval spin)
Email	monica@bakmo.co.za
Contact	083 734 1254
Motto	Never give up, keep on trying, you will get there

MUSA NDHLOVU

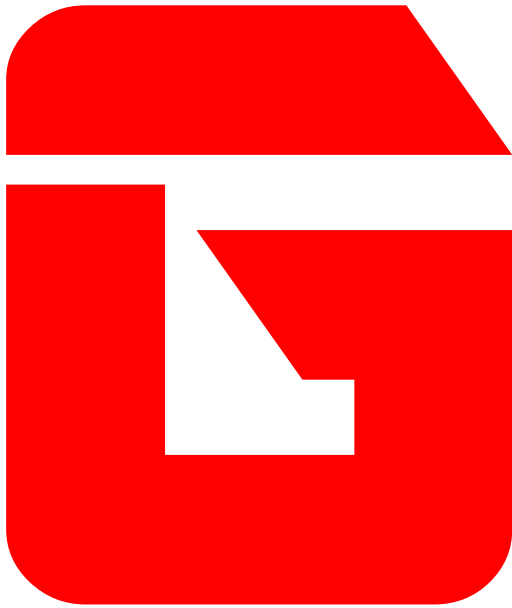
Personal Trainer



Qualifications	Personal Training and Diploma in nutrition, Therapeutics and Health
Contact	071 162 8561
Email	musasiya365@gmail.com
Specialities	Bodybuilding, weight loss, nutrition, Strength training and weight/resistance training
Motto	The body achieves what the mind believes, No plan B.

SIBUSISO FUYANA

Zumba



Qualifications Zumba

Contact 063 519 0098

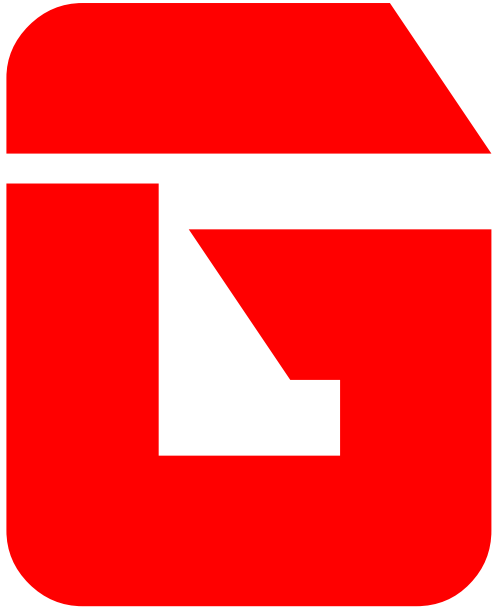
Email

Specialities Zumba

Motto

TJ

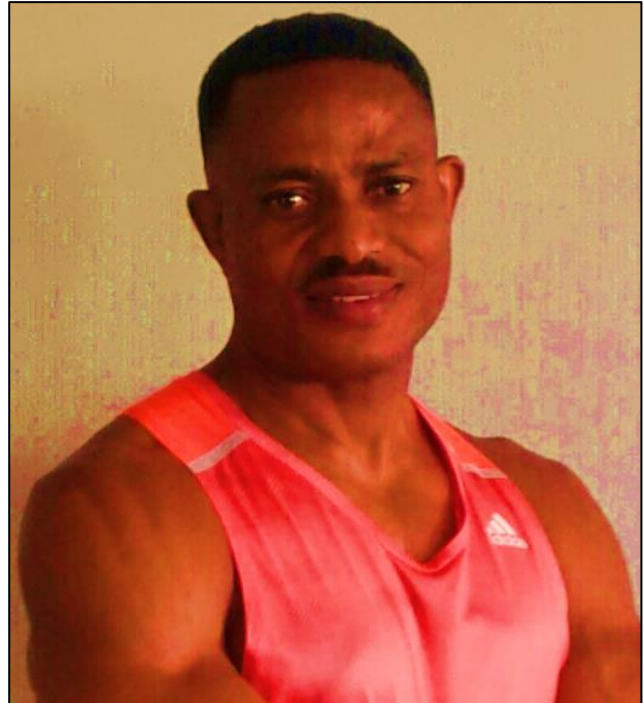
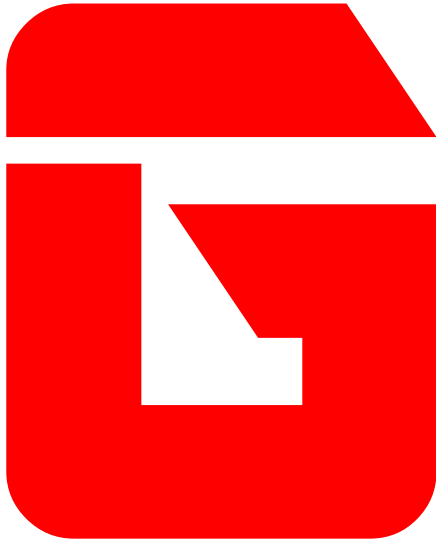
Instructor



Qualifications	Personal Training Certification and Sport Psychology
Contact	078 279 0771
Email	ogbonnayauzochukwu@gmail.com
Specialities	Weight management & Weight loss, Bodybuilding, Group Fitness
Motto	It is not a good thing for a human to grow old without seeing the beauty and strength of which the body is capable.
Life	Control what you can. Worry not about what you can't. Live on purpose.

NAIVI PHILLIPS

Personal Trainer & Instructor



Qualifications	Business Management, Lagos State Polytechnics, Isolo-Lagos, Personal Training, Institute of Fitness Professionals
Contact	081 098 0220/073 114 8845
Email	ehiyebeakerele@yahoo.com
Specialities	Creating functional training regiments using unusual weapons, Injury rehabilitation, boxing, Cardio boxing, body conditioning, body building, fitness coach, weight loss/toning, group training
Motto	"A man can only do that which is given to him from above, so I can do all things through Christ who strengthens me"

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