

# PACELINE GYM & PERFORMANCE CENTRE

Personal attention and one-on-one sessions for the best results

Telephone: 079 263 0438



## PACELINE OFFERS A RANGE OF SERVICES:



**Core activation:** prevent chronic pain due to sedentary work postures.

**Functional strength training:** no matter your level or sport, improve your game, drop your times, and increase your competitiveness



Identify the 'niggles': **prevent injuries** before they even happen through careful muscle alignment assessment

**Return to sport: recovery training** specific to building up muscles after injury – get back faster!



### Additional Services:

- Endurance training programmes: running, cycling, swimming and triathlon.
- Cycling specific functional strength training.
- State of the art indoor cycle trainer.



## WHY RECOMMEND PACELINE?

- ✓ Qualified Trainers
- ✓ 10 Years Experience in Sports Training
- ✓ 5 Years Experience in Sports Conditioning
- ✓ On Site Physiotherapists & Biokineticists
- ✓ First Aid & Safe Environment
- ✓ Personal Approach for Best Results



## WHERE TO FIND US?

**PACELINE** is located at Cramerview Shopping Centre, corner Main Road and Curzon Avenue, Bryanston.



CALL NOW TO BOOK A SESSION!!

Bronwyn

079 263 0438

Email enquiries to: [Bronwyn@paceline.co.za](mailto:Bronwyn@paceline.co.za)

Visit our website:

[www.paceline.co.za](http://www.paceline.co.za)

Join our Community:

@PacelineGym