

BODYTEC

BODYTEC Tygervalley

Your Time, Your Fitness

The BODYTEC fitness concept is based on personal training with electro muscle stimulation (EMS). Electrodes connected to a training jacket stimulate the muscles.

The training takes 20 minutes a week and training results are much more effective than conventional fitness training. This has been proven by sports research in Germany where the concept is already a huge success.

The studio is modern and private – one trains at most with one other person at the same time and always with a personal trainer. All training is done by appointment only, to avoid waiting time for clients.

Background information:

The first commercial EMS studio was opened in Europe in 2007 by our German partners. A short 3 years later (2010) the BODYTEC idea originated and the technology was brought to South Africa by BODYTEC owner and franchisor, Boris Leyck. BODYTEC currently (2013) has 6 studios in South Africa in Cape Town as well as Johannesburg. In the meantime BODYTEC has embarked on their national franchise rollout and is aiming to have at least 23 studios by 2015.

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