

Body Dynamics Performance Studio

Body Dynamics and our associates look forward to assisting your company with your corporate wellness program. We understand the specific needs of each individual and company. Our experience with servicing and educating corporate clients have allowed us to design our lectures, workshops and services to fit the unique budget, time, and participation challenges of each client. Invest in your health! Please contact us to discuss all the options available to you.

Health & Fitness Education

Body Dynamics provides on-site health empowerment programs with customized topics and content to satisfy the needs of your company and your team. Our programs can be delivered in brief power-lunch sessions or can be as extensive as multiple session workshops. We want to accommodate your desired objectives.

In order for someone to achieve their best, we must encourage, educate and empower them. Our lectures and workshops are designed with those objectives in mind.

Topics:

- Athletic Performance
- Fat Loss
- Female Specific Programming
(Unleashing Jane - The Warrior Within)
- Healthy Living
- Injury Prevention
- Muscle Gain
- Senior Fitness
- More???

*1st 1 hour lecture is complimentary.

Performance Facility Design

If you are interested in building your own fitness studio or thinking about renovating and updating your current space, Body Dynamics is prepared to assist you. Our extensive experience in the fitness industry combined with our community partnerships will allow us to help you design a cutting edge facility while respecting your operating budget.

Body Dynamics will work closely with your design team to ensure a smooth operation. If requested, we can work with our own design team to eliminate any work you chose not to be personally involved with.

Our team includes:

- Architects
- Contractors
- Equipment Installation Specialists
- Equipment Manufacturers & Distributors
- Facilities Maintenance Specialists
- Local Product Vendors
- Highly Qualified Certified Personal Trainers

Les Tin

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Performance Facility Operations

In the past 10 years, Body Dynamics and it's instructors have worked in Hawaii's fitness industry for the world's largest fitness company, 24 Hour Fitness. We understand the unique needs of each client as well as the need to operate a successful facility while keeping expenses to minimums.

Our services include:

- On-site staffing either as an employee or independent contractor
- Equipment and facility maintenance
- Facility marketing and personalized exercise instruction posters
- Fitness assessment and testing
- Fitness and wellness education and promotion
- Group exercise classes
- Nutrition and supplementation programs
- One-on-one, group or independent program assistance
- Safety and risk management