



FACULTY OF
HEALTH SCIENCES

"Sign-up for the Biokinetics Staff Wellness Club Membership and Start Your Fitness Journey at R280 per month"

Club Membership Promo
April 2022 - October 2022

Sign Up and Win:

The first 50 staff members to register will be entered into a special prize draw. Winners will be announced on [facebook.com/HealthScienceUJ](https://www.facebook.com/HealthScienceUJ).

** As part of the draw, we have high quality durable Theraband Resistance Stretch Bands up for grabs. These resistance stretch bands are ideal for all fitness levels and is safe for use across age groups.



Biokinetics Clinic - Staff Wellness Membership Club Cost: R280 Per Month



Our Biokinetics Clinics operate under the supervision of qualified Biokineticists.

Members Enjoy Supervised Access to Specialised Assessment Equipment, Fitness Assessments and Training.

Club Membership Benefits

1. Club Members will receive one supervised session per week, with prescribed exercises.
2. Access to weekly Calisthenics Group Exercise Session
3. A minimum of 5 staff members are required for a group class. If no group class is scheduled, members will be allowed 2 supervised biokinetic sessions for that week.
4. Members will regularly undergo Anthropometric Assessment Measurements - The study of body measurements on a comparative basis. This includes:
 - Height and Weight
 - Waist and Hip Circumference
 - Body Fat Percentage and Ideal Body Mass
 - Lean Body Mass and Body Mass Index (BMI)
 - Basic Flexibility
 - Strength measurements
 - Either Treadmill or Bicycle Submaximal Fitness Assessment



What is Calisthenics?

- Calisthenics focuses on strength training.
- Exercises are performed with differing levels of intensity and rhythm. It consists of a variety of movements that exercise large muscle groups, including but not limited to standing, grasping, and pushing.
- These exercises are often performed rhythmically and with minimal equipment, as bodyweight exercises. It consists of exercises that do not rely on anything but individual body weight.

Benefits of Calisthenics

- Improved Movement Mobility: Reduces Aches, Pains, and Decreases Risk of Injury.
- Burns Calories and with regular exercising it improves long-term health. It is convenient and does not require equipment.
- Classes will include Push-Ups, Squats, Planks and Jumping Exercises.

University of Johannesburg Biokinetics Clinics

Synagogue Building - Doornfontein Campus (DFC)

Tel: 011 559 6583 | Email: cking@uj.ac.za

Operating Hours:

Monday – Thursday: 08:00 – 16:00

Friday 08:00 – 15:00

Auckland Park Bunting Campus (APB)

Tel: 011 559 1297/8 | Email: jrice@uj.ac.za

Operating Hours:

Monday – Thursday: 07:00 – 18:00

Friday: 07:00 – 15:00