

RANDPARK HEALTH & WELLNESS CENTRE

- FIND US OPPOSITE THE DRIVING RANGE -



- Functional Gym
- Golf Specific Training
- Sports Specific Personal Training
- Sports & Musculoskeletal Physio
- Functional Health
- Dna Health, Diet & Sports Testing
- Nourished Nutrient - Dense Meals
- Biokinetics
- Vitality Fitness Assessments



Powerblast Gym
Warren McCann - 082 450 8220

Nourished Functional Health & Physio
Cheryl Stacey - 079 701 7347