



Madras Club

Functional Training with *Dhananjai Golla*



Three Classes a Week
Monday, Wednesday and Friday
between 6.30pm and 7.30pm
Rs. 2,800 (plus GST) a month

Every athlete / person has an unique potential says Dhananjai G AKA Jai. It is vital to provide the right inputs at the right time in terms of fitness, nutrition and supplements,

Based on scientific studies and experience of over twenty two years in the fitness industry, Jai started taking Fitness Classes at Madras Club in 2011, incorporating Functional Training methods to provide ultimate fitness to the members.

Functional training helps provide you with the strength, stability, and mobility you need to thrive in your life and sports. It utilises exercises that improve your movement proficiency in these primary patterns to give you an edge so you can achieve your goals safely and with good health.



Mr. Jai has been in the fitness Industry for over 2 decades and has over 1000 success stories to his credit. Based on scientific studies and experience In 2011 formatted a Fitness Program incorporating Functional training methods called "STRIKE 12" and successfully implemented to provide ultimate fitness to the

To enrol, please call Ravi at Madras Club Gymnasium +919444422337

P. B. Biswajit Babu
Member-in-charge, Gymnasium