

***D**ynamic **M**ovement **T**raining*

DMT is a new approach to working out and keeping fit

A unique fusion of core work, yoga and aerobic exercise that develops your fitness and physique

Founder Peter Gallagher, professional dancer and former international swimmer, defines DMT as....***intelligent exercise***

How many times have you tried to perform an exercise and found that you have insufficient fitness or lack flexibility, strength or muscular control?

DMT not only trains the body to develop these qualities but also develops an appreciation of posture and how the body and its interconnected anatomical systems truly work.

You advance your fitness and your body becomes a more efficient machine with economy of movement, improved poise and posture, balance and strength which has been described as physical intelligence.



Enjoy pilates or yoga...

but are looking for something a little more dynamic?

Want to...

control your weight / develop and tone your body / improve your fitness ?

DMT is for you!

Our carefully designed and graded system gives people of all levels of ability the opportunity to participate in a wonderful new form of exercise.

DMT can be practiced as a one to one session with a professional tutor either in our studio or your own home.

Or you can take part in class sessions.

Initial 1 hour one2one session - £35

As well as an introduction this session includes a personal assessment that your tutor will use to build an individual training plan

+ Bring a friend at no extra cost

one2one Sessions

Single £35

Block of 6 £180

Class Sessions

6 sessions £54

*session duration
is one hour*

DMT in physiotherapy

DMT has a growing role within the world of physiotherapy.

Ask us where you can find this.

for Children with medical issues such as hypermobility and movement disorders, or those who simply want to get fitter and lose weight

for Seniors with balance, mobility or coordination problems

for Patients following surgery or as part of a back care or rehabilitation program

for Athletes as part of a training program

Information & Booking:

Contact Peter Gallagher 0161 724 0422

info@dynamicmovementtraining.co.uk

www.dynamicmovementtraining.co.uk