

Bodyonix Bahamas is one the leaders in the fitness / wellness industry in not only providing fitness / wellness programs but in sharing the knowledge we possess in an effort to help our clients achieve their desired goals.

The best way to achieve these goals is to be able to know and understand the physio-biological factors that affect your wellness goals and also know exactly where you are and a realistic vision of where you should be in your journey to better health. We can offer you a wide variety of assessments and share with you the knowledge you need to personally empower you to reach your full fitness potential.

Do you know what your blood pressure, sugar or cholesterol levels should be? Your BMI?, resting or cardio heart rate zones?, your metabolism rate? Etc. These are all factors you should know and that will help you to understand and appreciate the programs designed specifically for you.

So, the question is “How bad do you want it?”

Contact Bodyonix Bahamas today.

*Nardo Dean*

CSST/ CEO

Bodyonix Bahamas