

GYM 2000

Nuus

Die bouwerk is afgehandel, dus nou net vir die laaste afwerking. Die spesiale Aerobiese vloer met veerkrag word Dinsdag/Woensdag geïnstalleer en Donderdag die Gym gedeelte se vloer. Dan is dit vir die groot trek..... die gimnasiumtoerusting.

Baie dankie aan die publiek van Delmas vir julle navrae en insette, dit maak my beplanning soveel ligter. Na vele navrae het ons besluit om Spinning van die begin af in te bring (sien die rooster vir klastye) as die aandklas te vroeg is val by die 5h15 oggend klas in - fietsryers doen dit mos vroeg. Die dames kry kans om gou na werk inkopies te doen, kos op te sit en dan saam met my 'n voldag se spanning af te werk.

Die amptelike opening sal (dv) op 13 September 2010 plaasvind. Die GYM se deure sal vanaf 6 September 2010 oop wees om ons voornemende kliente tot diens te wees, en ja jy betaal net vir die helfte van September.

Sien onderstaande rooster met al die nodige inligting Indien u enige navrae het kontak ons gerus (013) 665 4541

Vriendelike groete

Gym 2000

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PRICE LIST

TEL: 013 665 4541

ALL FEES ARE PAYABLE IN ADVANCE UNTIL WRITTEN NOTICE

INTRODUCTION FEE

(MEMBERSHIP CARD INC)

Payable by **all** members

R100.00

MONTHLY FEES BY DEBIT ORDER

OR

CASH PAYMENT

(MINIMUM PERIOD – 3 MONTHS)

Pensioners/Scholars	R150.00
Gym fee (Aerobics included)	R200.00
Pensioner Couples	R240.00
Each subsequent member – Incase of family memberships)	R140.00

3 months in advance

Debit order fees X 3

YEARLY FEES

(12 MONTHS)

PAYABLE IN ADVANCE

MONTHLY FEES X 12 less 15%

R2 040.00

Gym Members (12 Sessions)
Non Members (12 Sessions)

SPINNING FEES

R 150.00
R 220.00

VISITOR FEES

Per session
Per week

R 30.00
R 80.00

GYM HOURS

MONDAY-THURSDAY
FRIDAY
SATURDAY
PUBLIC HOLIDAYS

05h00-20h30
05h00-19h00
07h00-11h00
SEE NOTICE BOARD

THE GYM RESERVES THE RIGHT TO AMEND FEES.
NO GYM FEES WILL BE REFUNDED.

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GROUP TRAINING ROSTER

TIMES	05h15	08h00	17h30	18h15
MONDAY	<i>SPINNING</i>	AEROBICS/ ZUMBA	<i>SPINNING</i>	FIT-BOX
TUESDAY		BODY COND/ PILATES	<i>SPINNING</i>	AEROBICS/ ZUMBA
WEDNESDAY	<i>SPINNING</i>			FIT-STEP
THURSDAY		FIT-STEP	<i>SPINNING</i>	BODY COND/ PILATES
FRIDAY	<i>SPINNING</i>	FIT-BOX		

DURATION OF CLASSES

FIT-STEP 60min
 FIT-BOX 60min
 PILATES 60min

AEROBICS - ZUMBA 60min
 BODY CONDITIONING 60min
 REP REEBOK 60min
 SPINNING 45min

DESCRIPTION OF CLASSES

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| AEROBICS/ZUMBA | - This workout includes a combination of <i>high</i> and <i>low</i> impact, choreographed challenges or an easy to follow routine consisting of various aerobic class disciplines. |
| BODY CONDITIONING | - A <i>non-impact</i> session using apparatus to strengthen all major muscle groups. |
| GYMSTICKS/FIT-BALL | - A <i>non-impact</i> session to improve stabilization and strength. |
| FIT-BOX | - A martial arts inspired session focusing on improvement of cardio and muscle endurance. |
| FIT-STEP | - An easy to follow or choreographed session using a <i>step</i> as apparatus. |
| PILATES | - A method of Body Conditioning, challenge the endurance of stabilizing muscles, strengthen and relax them. |
| SPINNING | - An intense cardiovascular and endurance session on a <i>stationary bike</i> . |

PLEASE NOTE: THE GYM RESERVES THE RIGHT TO AMEND THE ROSTER