

GYM 2000

PRICE LIST 2012

TEL: 013 665 4541

ALL FEES ARE PAYABLE IN ADVANCE UNTIL WRITTEN NOTICE

INTRODUCTION FEE

Payable by all members (MEMBERSHIP CARD INC) R 100.00
Membership card R 40.00

MONTHLY FEES BY DEBIT ORDER

(MINIMUM PERIOD – 3 MONTHS)

Pensioners/Scholars R150.00

Gym fee (*Aerobics included*) R200.00

Each subsequent member –

Incase of family membership R140.00

Gym & Boxing (Adults) R350.00

Incase of family membership & Scolars R300.00

Full House Package (**gym, spin & box**) R450.00

OR

CASH PAYMENT

3 months in advance R 600.00

YEARLY FEES

(12 MONTHS- PAYABLE IN ADVANCED)

MONTHLY FEES X 12 *less 15%* R2040.00

SPINNING FEES

Gym Members (*10 Sessions*) R 170.00

Non Members (*10 Sessions*) R 250.00

BOXING FEES

Boxing Only (*per month*) Adult R250.00

" Scholars R200.00

Per session R 50.00

VISITORS FEES

Per session R 30.00

Per week R 80.00

GYM HOURS

MONDAY-THURSDAY 05h00-20h30

FRIDAY 05h00-19h00

SATERDAY 07h00-10h00

PUBLIC HOLIDAYS SEE NOTICE BOARD

THE GYM RESERVES THE RIGHT TO AMEND FEES.

NO FEES WILL BE REFUNDED.

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GROUP TRAINING ROSTER

TIMES	05h15	07h45	09h00	17h15	18h00	18h45
MONDAY	-	TAE-BO	GERIATRIC FITNESS	-	STEP SPINNING	-
TUESDAY	SPINNING	BODY COND	PILATES	BOXING	TAE- BO SPINNING	BOXING
WEDNESDAY	-	SPINNING	-	-	AEROBICS	-
THURSDAY	-	STEP	PILATES	BOXING	BODY COND SPINNING	BOXING
FRIDAY	SPINNING	AEROBICS	-	-	-	-

DURATION OF CLASSES

STEP	60min	AEROBICS & ZUMBA	60min
TAE-BO	60min	BODY CONDITIONING	60min
PILATES	60min	REP REEBOK	60min
BOXING FITNESS	45min	SPINNING	45min

DESCRIPTION OF CLASSES

AEROBICS/ZUMBA

- This workout includes a combination of *high* and *low* impact, choreographed challenges or an easy to follow routine consisting of various aerobic class disciplines.

BODY CONDITIONING

- A *non-impact* session using apparatus to strengthen all major muscles.

BOXING-FITNESS

- This is a physical boxing workout with hardcore conditioning.

GYMSTICKS/FIT-BALL

- A *non-impact* session to improve stabilization and strength.

TAE-BO

- A martial arts inspired session focusing on improvement of cardio and muscle endurance.

STEP

- An easy to follow or choreographed session using a *step* 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 *stationary bike*.

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