



## **Spinning at Val de Vie**

Our Spinning instructor Petrus Malherbe is a professional Mountain Bike rider with many years of experience in the cycling and spinning world. His sessions are guaranteed to keep your fitness levels up during the winter months.

**10 Sessions: R600 (R60 p/s)**

**20 Sessions: R1100 (R55 p/s)**

**50 Sessions: R2500 (R50 p/s)**

### **Spinning terms and conditions:**

1. All spinning classes have an extra cost and are not included in your monthly Health Club fee.
2. All spinning classes must be pre-booked!
3. Spinning classes must be pre-paid before starting of sessions.
3. No one will be allowed without a booking.
4. Spinning classes **are not for free** even if you are a homeowner or resident!
5. Sessions can be bought and pre-booked at the Health Club.
6. Only trainers or mountain bike shoes are allowed on the bikes.
7. You **must** have a water bottle and small towel with you in a spinning class.
8. Please ensure that you arrive 10 min prior to your booking.
9. "No Shows" will be charged if they haven't given notice to cancel their booking twelve (12) hours prior to booked session.
10. Booking can be made via telephone, please call us for any information regarding spinning classes.

### **Time Table for spinning Sessions starting May 2011:**

<b>Monday</b>	<b>6:30am</b>	<b>8:15am</b>	<b>5:45pm</b>
<b>Wednesday</b>	<b>6:30am</b>	<b>8:15am</b>	<b>5:45pm</b>
<b>Friday</b>	<b>7:10am</b>	<b>-</b>	<b>-</b>

### **For more information contact:**

**Mieke Uys**

**Health Club Manager**

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