



Health Club Membership Fees: April 2011

Ask about our promotions

Gym Membership fees: Includes access to all facilities including the swimming pool, squash and tennis courts, sauna and steam rooms. It also includes access to the Power Plate and Kinesis, however booking is essential.

Day Pass: R100

Once off joining Fee of R500

12 Months: R400 Off peak 11am – 4pm: R350

6 Months: R800 Off peak 11am – 4pm: R650

1,2,3 Months: R600 Off peak 11am – 4pm: R550

Trial Month: R400

Students: R250 per month. Once off joining fee of R 500

Day Gym Membership Sessions

Day Session: R100

10 Sessions: R800 (R80 p/s)

20 Sessions: R1200 (R60 p/s)

Personal Training: Is available to all homeowners and gym members. Includes a fitness assessment and evaluation. Sessions are all 60mins.

Personal Training Sessions:

10 Sessions R2200 (R220 p/s)

20 Sessions R4200 (R210 p/s)

50 Sessions R10 000 (R200 p/s)

Semi Individual Personal Training sessions (2people):

10 Sessions R1800 (R180 p/s)

20 Sessions R3200 (R160 p/s)

50 Sessions R 7000 (R140 p/s)

Small Group Personal Training sessions (4-6 people):

10 Sessions R1000 (R100 p/s)

20 Sessions R1600 (R80 p/s)

50 Sessions R3000 (R60 p/s)

Sport Massage: Deep massage, focusing on specific areas that need more release. A qualified masseur gives all sport massage.

Sport Massage sessions:

10 Sessions R4000 (R400 p/s – p/h)

20 Sessions R7600 (R370 p/s – p/h)

Power Plate: All power plate sessions need to be pre-booked.

Power Plate with a trainer:

10 Sessions R1000 (R100 p/s – 20 min)

20 Sessions R1800 (R90 p/s – 20 min)

50 Sessions R3750 (R75 p/s – 20 min)

Kinesis

See personal Training Sessions (45min sessions)

Pilates: Sessions need to be pre-booked and paid.

Pilates Private – One on one Session

One on one session R190 (p/s – 50min)

10 Sessions R1900 (R190 p/s – 50 min)

20 Sessions R3600 (R180 p/s – 50 min)

50 Sessions R8500 (R170p/s – 50 min)

Group Pilates (Max 6 people, Min 4 people) – 50 Minutes

10 Sessions R 1000 (R90 p/s – 50 min)

20 Sessions R1700 (R85 p/s – 50 min)

50 Sessions R4000 (R80 p/s – 50 min)

Spinning: Sessions need to be pre-booked and paid.

Spinning Sessions:

10 Sessions R600 (R60 p/s)

20 Sessions R1100 (R55 p/s)

50 Sessions R2500 (R50 p/s)

Swimming pool, Squash, Tennis:

Once off joining fee of R250

1 Month: R175

Per session: R50