

DO YOU FALL INTO ONE OF THESE CATEGORIES?

- New in the gym - don't know where to start
- Need to give your workouts a boost
- Tired of trying to motivate yourself
- Lacking training knowledge
- Need further education
- Just down right lazy!!!



Nathan 071 398 8061
 Tanya 078 409 2587
 Kelly 082 398 3058



Paul 078 078 2056
 Callyn 071 270 0701
 Collin 083 321 3850



RATES

SINGLE PERSON			COUPLE RATES		
6 Sessions	R 1,200	R 200 per session	12 Sessions only	R 1 000 per person	R 84 p/p per session
12 Sessions	R 1,560	R 130 per session	GROUP SESSION		
18 Sessions	R 1,980	R 110 per session	<i>Minimum of 4 people & maximum of 9 people</i>		
24 Sessions	R 2,280	R 95 per session	12 Sessions only	R 800 per person	R 66 p/p per session
			GROUP SESSIONS		
			Refer to the timetable		
			3 - 8 people	R 60 p/p per session	

- *2 assessments (beginning & end)*
- *Nutritional advice*
- *Motivation*
- *Personalised Program*
- *Goal Focused*

Personal Training