

Power-Plate Price List



CLUB MEMBERS

15 Minute Sessions	Cash	D/O per month
SINGLE SESSION	R 25.00	-
12 SESSIONS	R 250.00	-
Month to Month D/O	-	R 225.00
12 SESSIONS 6 Month D/O	-	R 200.00

NON-MEMBERS

15 Minute Sessions	Cash	D/O per month
SINGLE SESSION	R 30.00	-
12 SESSIONS	R 300.00	-
Month to Month D/O	-	R 270.00
12 SESSIONS 6 Month D/O	-	R 250.00

- * All prices are subject to change without notice
- * All contracts are non-transferable or refundable
- * Access cards must be purchased at a cost of R50 per card - non mem
- * Programmes & assessments are at an additional cost



Phone 368-5041

30 Minute Sessions	Cash	D/O
SINGLE SESSION	R 45.00	-
12 SESSIONS	R 480.00	-
12 SESSIONS	-	R 475.00
Month to Month D/O	-	R 450.00
12 SESSIONS 6 Month D/O	-	R 450.00

* 15 minutes power-plate, 15 minutes cardio

