

Our Prices/Overview

Updated Pricelist 2021

Personal training by current IFBB champions:

1-on-1 Elite personal training – when only the BEST will do

By appointment only – bookings on the hour

- Open from 05h00 to 21h00 – Mondays to Fridays

Gym Features:

- Wheel-chair friendly – YES
- Free access cards – YES
- Secure parking – YES
- 24/7 security – YES
- Back-up lights – YES
- Free Gym Membership – YES

Personal trainers – freelance – ad-hoc rental

- Book a studio at R200/h, for your clients, with a maximum of 4 clients in a 30m2 studio.
- Book an open-air studio @ R200/h – with a maximum of 12 clients in a space

Studio options:

- Upper body – full free weights & circuit equipment – Blue area – Free wi-fi
- Lower body – full free weights & circuit equipment – Green area – Free wi-fi
- Open air under roof – open space, wooden surface – no equipment
- Open air under tented roof – open space, tarred surface – no equipment – advanced booking

Contact Martin for more options and information – 073 635 4062 or 011 100 2908

Buddy training at Virgin Active or Planet Fitness

- Buddy 1-on-1 PT training at any VA or PF at R350/person/h
- Buddy group PT training at any VA or PF at R250/person/h
- Subject to PT availability
- In 30 km radius from Midrand

HUB Access – R500/month

Lounge area, free coffee/tea station, 4 x conference rooms, free Wi-Fi, disabled toilets, wheelchair access with showers and toilets.

Personal training rates 1-on-1

05h00 – 09h00 & 16h00 – 21h00 Peak times – 1 on 1 – R300/h/person
09h00 – 15h00 Off peak – 1 on 1 – R250/h/person

Personal training rate 1-on-2 - Couples training

Couples/partner (2 training together) couples in relationship
05h00 – 09h00 & 16h00 – 21h00 Peak times – 1on 2 – R500/h
09h00 – 15h00 Off peak – 1 on 2 – R400/h

Personal training rates 2 – 4 per studio

05h00 – 09h00 & 16h00 – 21h00 Peak times – group classes – R250/h/person
09h00 – 15h00 Off peak – group classes – ranges from R150 to R166/h/person

Aimed at ladies/men wanting to get in shape, classes are offered off-peak on the hour for 55 min, 5 min for sanitizing.

Minimum 3-month commitment, free assessments, free eating plans, free Wi-Fi
Normal price: 3 days session / week @ R3, 000/month slashed to R2, 000/month
Combination of free weights, EMS and Pilates
Training 12 sessions per month R166/session
Normal price: 5 days session / week @ R5, 000/month slashed to R3, 000/month
Combination of free weights, EMS and Pilates
Training 20 sessions per month R150/session

Personal training HIIT EMS – High intensity Electro Muscle Stimulation

05h00 – 09h00 & 16h00 – 9h00 Peak times – 1-on-1 – R250/20min/person

EMS (Electro Muscle Stimulation)
Low & High Impact options available
EMS – Once off undergarment cost of R850

09h00 – 15h00 – off peak – **12 months transformation package per person 2021**

EMS New Year Special

***12-month transformation specials**

- 1) training 1 x /week – 4 times /month @ R200/ session / person
- 2) training 2 x /week – 8 times /month @ R180/ session / person

Includes free monthly assessments, free eating plan, free wi-fi, free trial session. Excluding under garment @ R850

*** Off peak rates between 09h00 – 15h00. Monday to Friday.**

Rates payable monthly in advance.