

## MEMBERSHIP OPTIONS AND SCHEDULE

### 1:1 Personal Coaching Membership

|                   | 2/week | 3/week | 4/week | 5/week |
|-------------------|--------|--------|--------|--------|
| 3 Month Contract  | R2200  | R3300  | R4400  | R5500  |
| 12 Month Contract | R2000  | R3000  | R4000  | R5000  |

*All prices are per month. Talk to your coach about schedule options.*

### Small Group Personal Coaching Membership (Max 4 people/coach)

|                   | 2/week | 3/week | 4/week | 5/week |
|-------------------|--------|--------|--------|--------|
| 3 Month Contract  | R1200  | R1800  | R2400  | R3000  |
| 12 Month Contract | R1000  | R1500  | R2000  | R2500  |

*All prices are per month. Talk to your coach about schedule options.*

## Functional Fitness Classes Membership

|                   | Limited<br>(3x per week) | Unlimited<br>(Up to 5x per week) |
|-------------------|--------------------------|----------------------------------|
| Month-Month       | R950/month               | R1200/month                      |
| 12 Month Contract | R850/month               | R1100/month                      |

## Functional Fitness Classes Schedule

| Mon         | Tue         | Wed         | Thu         | Fri       |
|-------------|-------------|-------------|-------------|-----------|
| 5:00-6:00   | 5:00-6:00   | 5:00-6:00   | 5:00-6:00   | 5:00-6:00 |
| 6:15-7:15   | 6:15-7:15   | 6:15-7:15   | 6:15-7:15   | 6:15-7:15 |
|             |             |             |             |           |
| 17:15-18:15 | 17:15-18:15 | 17:15-18:15 | 17:15-18:15 |           |

*Limited spots available in each class. (Max 8 people per class)*