



FITNESS STUDIO

for women

LET US HELP YOU TO BECOME A
BETTER & STRONGER YOU!

CO REG #. 2018/278131/07

3. What are the costs?

All our classes are 45min sessions except for FitStep, which is a 30min HITT training session.

MONTH TO MONTH (with calendar month notice):

- ✓ R453 per month (1 session per week)
- ✓ R776 per month (2 sessions per week)
- ✓ R1036 per month (3 sessions per week)
- ✓ R1350 per month (unlimited sessions)

12 MONTH CONTRACT:

- ✓ R299 per month (1 x session per week) – Limited to Mondays or Wednesdays
- ✓ R599 per month (2 x sessions per week)
- ✓ R820 per month (3 x sessions per week)
- ✓ R1150 per month (unlimited sessions)

FLOW-FIT:

- ✓ R350 per month (1 session per week)
- ✓ R650 per month (2 sessions per week)

PERSONAL TRAINING: (45minute session)

1. ONE ON ONE:

- ✓ 2x sessions per week: R350 per session
- ✓ 3x sessions per week: R300 per session

2. SMALL GROUPS (2 TO 3 MAX):

- ✓ 2x sessions per week: R250 Per person per session
- ✓ 3x sessions per week: R175 per person per session

ELZETTE SWART

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yes!