2025

CLIENT INFORMATION

SERVICES

GROUP CLA SSES PERSONAL TRAINING BIOKINETICS KINDERKINETICS SPORTS MA SSAGE STRAPPING PILATES

Contact details:

Karla Verwey 072 179 2266 0 Rehan De Jongh 073 924 1069 Bi

Owner

Biokineticist



GROUP CLASSES RATES & INFORMATION



FITNESS

ASSESSMENŤ

EARN UP TO **10 000 POINTS**

The points you earn from your Vitality Fitness Assessment contribute towards your annual cap of 30 000 fitness points.

BOOK AN APPOINTMENT WITH OUR BIOKINETICISTS.

Banking details:

Karla van Dyk Biokineticist ABSA Cheque 4097983506 Centurion 632005

Use your name as reference kvdbiokineticist@gmail.com

ATTENTION PLEASE

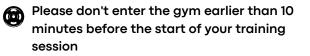
No refunds for sessions missed

Group classes are billed monthly and not per session



Payments due at the beginning of each month

Bring your gym towel & use it on the gym equipment & mats. Bring your own water bottle





B Please try and cancel 12 hours before your session & let us know if you cannot make it

Kids are not allowed to touch any equipment prior to their training session



PILATES CLASSES CLIENT INFORMATION

- Exercise equipment and mats are provided
 - Each client must have their own Pilates exercise ball
- We will inform you when to bring your ball with
- Location: Inside the church conference room; 21 Denne street
- The classes are presented in Afrikaans and there is a limited amount of spots available in each class.

RECOMMENDED BALL SIZE:

Look for a 65cm or 75cm diameter ball.

ANTIBURST EXERCISE BALL

Each client needs their own exercise ball. You can buy it at Makro, Game or any other sport shop for under R200.

FROUP CLAS

MON & WED

07:30-08:30 18:00-19:00 19:00-20:00 18:00-18:45

HIRT HIRT HIRT PILATES (Starts 18:15 on a Wednesday)

TUE & THU

06:00-06:45 18:00-19:00 19:00-20:00 PILATES HIRT HIRT

Pilates classes are presented in Afrikaans

FRI & SAT

FRIDAYS 07:30-08:30 **SATURDAYS** 08:00-09:00

HIRT

HIRT/ PILATES/ TRAINING RUNS





HIRT: High Intensity Resistance Training

PRIVATE SERVICES RATES & TARIFFS

Private rates:

Initial consultation	R370
• 45min exercise session	R280
• 30min exercise session	R230
 Sports-massage 30min 	R380

Biokinetics services:

(Medical Aid rates)

- Initial Consultation R500
- Exercise & rehabilitation session R380
- Vitality Fitness assessment R556

Medical Aid

This is a private practice and treatments must be paid directly to the Biokineticist after the service and then only can you claim back from the Medical Aid, unless otherwise arranged.







MOVE ME

Community

- We choose community over competition
- We build friendships
- We make everyone feel welcome
- We laugh a lot

Teamwork

- We are a TEAM: Together everyone achieves more
- We support each other, cheer each other on, celebrate each other, motivate each other and challenge each other

Personal development

- We always give our best, competing against ourselves and not against each other
- We always choose technique over numbers
- We are part of a fit and healthy community striving to become better than we were yesterday



CULTURE

Working out

- We don't complain about the workouts (well maybe a little) and always commit to completing workouts as and how they were intended by coaches
- We trust our trainers to programme the correct movements with the best intentions

Loyalty & respect

We respect each other and acknowledge that each person has different goals, different reasons for exercising and are in different stages of their journey Workouts are tough for everyone if you go all in, not just for the beginner