

2025



CLIENT INFORMATION

SERVICES



GROUP CLASSES
PERSONAL TRAINING
BIOKINETICS
KINDERKINETICS
SPORTS MASSAGE
STRAPPING
PILATES

Contact details:

Karla Verwey	072 179 2266	Owner
Rehan De Jongh	073 924 1069	Biokineticist



21 Denne street,
Kuils River

GROUP CLASSES

RATES & INFORMATION

Vitality

FITNESS

ASSESSMENT

**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!**

Package 1

4x group
classes per
month

R360

Package 2

8x group
classes per
month

R630

Package 3





12x group
classes per
month

R880

Package 4

Unlimited
sessions per
month

R1150

-  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
-  Please don't enter the gym earlier than 10 minutes before the start of your training session
-  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.

GROUP CLASSES

MON & WED

07:30-08:30	HIRT
18:00-19:00	HIRT
19:00-20:00	HIRT
18:00-18:45	PILATES <small>(Starts 18:15 on a Wednesday)</small>

TUE & THU

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

Pilates classes are presented in Afrikaans

FRI & SAT

FRIDAYS	HIRT
07:30-08:30	
SATURDAYS	HIRT/ PILATES/ TRAINING RUNS
08:00-09:00	



Rehan de Jongh
073 924 1069



21 Denne street,
Kuils River

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.



Community

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



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



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



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



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

