

Flab2Fab Membership: min 3 months - Pricing: 10% discount more than 3 sessions per week

Training is available at: Private Gyms, Virgin Active, Planet Fitness & GO gym or at our own premises in Midrand.

Monthly full body analysis: Complimentary

Peak time travel: 05h00 – 08h00 / 17h00 – 21h00

Off-peak travel: 09h00 – 16h00

Gym/conditioning/body building/toning/firming: R250/ 40 min

R280/ 1 hour

R450/ 2 hours

Traveling to any gym in 30km radius from Sandton/Midrand: R150/ 1 hour – off peak

R300/ 1 hour – peak

Can do fixed pricing - This will depend time of travel:

On-line training: R2, 500 per month

Prices subject to change – Updated pricing as of 30 April 2019.

Electro Muscle Stimulation - Travel inclusive on EMS packages

(* price per session)

Off-peak: 09h00 – 16h00

Membership term:	24 months	12 months	6 months	3 months
EMS Fitness training: bringing the entire studio 2 u	*R450	*R500	*R600	*R700
Special promotions: Transformation 24 months	*R450	Cash 4 FLAB – earn cash 4 fat% lost		

Peak hours: 05h00 – 08h00 / 17h00 – 21h00

Membership term:	24 months	12 months	6 months	3 months
EMS Fitness training: bringing the entire studio 2 u	*R700	*R750	*R850	*R950
Special promotions: Transformation 24 months	*R700	Cash 4 FLAB – earn cash 4 fat% lost		

Electro Muscle Stimulation - **Anytime** at our Studio/Gym in Midrand from 09h00 - 21h00 - Monday to Friday

Membership term:	24 months	12 months	6 months	3 months
EMS Fitness training: U come to us:	*R275	*R300	*R 325	*R350
Special promotions: Transformation 24 months	*R275	Cash 4 FLAB – earn cash 4 fat% lost		

Contact

Martin van Wyk - You can contact me direct on 073 635 4062

Flab2Fab Fitness - Reception where you can leave a message for me 011 100 2908

Our Studio/Gym is in President Park, Halfway House, Midrand.

Safe parking on the premises, sign-in by security, hot water showers and more.

***Access to clubhouse**, complimentary parking, spacious lounge area, help yourself to unlimited coffee, meet friends in a relaxed environment for only R285/month.

***Flab2Fab fitness members only.**