

Flab2Fab fitness - pricelist - updated 1 July 2019

Private gym / Studio / Mobile					
Minimum personal training program 3 months					
* Pricing is charged per person, per session, with a personal trainer Peak travel times: 05h00 - 09h00 / 16h00 - 21h00 Off-peak travel times: 09h00 - 16h00	Training & supplementation programs per 6 weeks Private/non-members R1 500 Personal training program included				
<b>All personal training clients - free WI-FI access at Private Gym/Studio only</b>					
Training access by appointment only					
Gym access - Co. Space Midrand - President Park AH	Eating plans including full body assessment				
Monthly membership: R500	****Bronze / generic included				
Day visitors per hour including personal training session R300	Silver / individualised R2 000				
Hub access per month: R285	Gold / sport specific competitive R3 000				
Access by pre-booked time slots only					
Mondays to Fridays					
Category - <i>ELECTRO MUSCLE STIMULATION</i>	EMS	3 months	6 months	12 months	24 months
In studio - Midrand	YES****	*R350	*R325	*R300	*R250
Mobile - in 30km radius from Studio	YES****				
Off-Peak time bookings: 09h00 - 16h00					
3 months		*R700			
6 months			*R600		
12 months				*R500	
24 months					*R450
Peak time bookings: 05h00 - 09h00 & 16h00 - 20h00					
3 months		*R950			
6 months			*R850		
12 months				*R750	
24 months					*R700

Category - <i>PRIVATE GYM /STUDIO</i>	GYM	40 min	1 hour	2 hours	TRAVELLING
Personal training in Studio Midrand	YES****	*R250	*R280	*R450	
**Mobile - in 30km radius from studio	YES****	*R250	*R280	*R450	** off peak R150/hour ** peak R300/hour
Resistance, toning, firming, weight loss, body building, competition prep					
***Mobile - in 30km + radius from studio	YES****	*R250	*R280	*R450	*** off peak R150/hour *** peak R300/hour
Resistance, toning, firming, weight loss, body building, competition prep					
<b>Group training are limited to 8 people per class from 05h00 - 21h00 - Mondays to Fridays</b>					