



2026  
**CLIENT  
INFORMATION**

**Contact details:**

<b>MOVE ME gym</b>	<b>072 631 4654</b>	<b>Admin</b>
<b>Karla Verwey</b>	<b>072 179 2266</b>	<b>Owner</b>
<b>Rehan De Jongh</b>	<b>073 924 1069</b>	<b>Biokineticist</b>



Casadobe Park 2, Unit 13, 36 London Circle,  
Brackengate Business Park, Brackenfell, 7560



# GROUP CLASSES

2026

FREE TRIAL SESSION

## MON & WED

NEW

08:00-09:00

MORNING MOVE

09:00-09:50

WEIGHTS with Michael (Only Mondays)

18:00-18:45

BEGINNERS WEIGHT TRAINING

19:00-20:00

EVENING MOVE

## TUE & THU

NEW

05:00-05:45

MORNING MOVE

06:00-06:45

BEGINNERS WEIGHT TRAINING

17:00-17:45

RUNNERS STRENGTH

18:00-19:00

EVENING MOVE

19:00-20:00

EVENING MOVE

18:00-18:45

PILATES At Protea Heights Academy school

## FRI

NEW

08:00-09:00

MORNING MOVE

09:00-09:50

WEIGHTS with Michael

**Package 1**  
4x group  
classes per  
month

**R400**

**Package 2**  
8x group  
classes per  
month

**R720**

**Package 3**  
12x group  
classes per  
month

**R960**

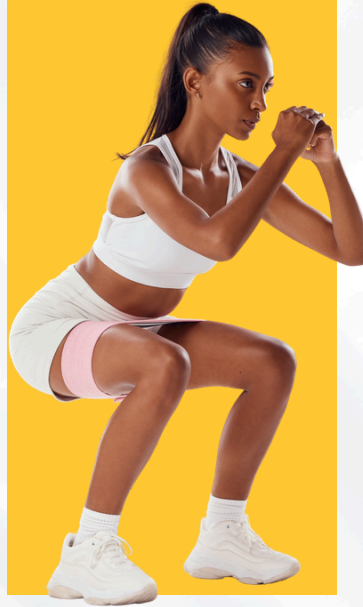
**Package 4**  
Unlimited  
sessions per  
month

**R1250**

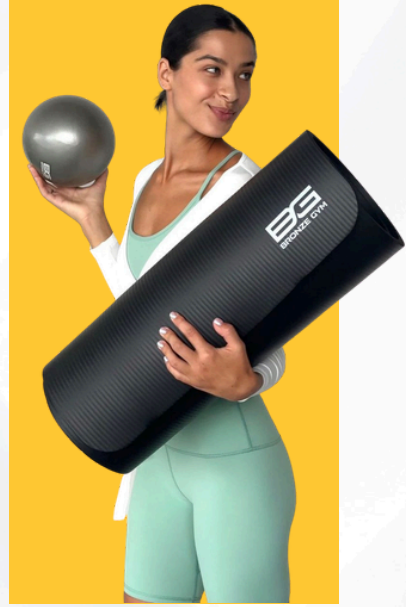
## **MOVE**



## **BEGINNERS STRENGTH**



## **PILATES**



### **MOVE CLASSES**

Combination of strength training, cardio, functional exercise and prerrehabilitation.

### **BEGINNERS WEIGHT TRAINING**

Combination of strength training and Pilates. Ideal for women who needs to increase their bone mass density. Pilates-only class every second Monday evening and every second Tuesday morning.

### **PILATES**

Traditional Pilates mat exercises. Including equipment like Pilates balls, different resistance bands and Yoga blocks. Each clients must bring their own big exercise ball (once every 3 weeks).



# CLIENT INFORMATION

## PAYMENTS

- **No refunds for sessions missed**
- Group classes are billed monthly and not per session
- Payments due at the **beginning of each month**

## GROUP CLASSES

- 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 are discontinue your membership with us

## PILATES

- Pilates only classes: Protea Heights Academy school: Entrance is in Helling street
- Clients need their own exercise mats and anti-burst exercise ball. Only bring ball when asked to.
- All Pilates classes are presented in Afrikaans. English people should be able to follow instructions

# AM RATES 2026

## Private session rates: (Biokinetics not included)

- |                          |      |
|--------------------------|------|
| • Initial consultation   | R370 |
| • 45min exercise session | R350 |
| • 30min exercise session | R300 |
| • Sports-massage 45min   | R460 |

### **SATURDAY SESSIONS**

**Single class/ Once off class/ Saturday class**

**R60 per person**

### **FAMILY PACKAGE**

**4 people**

**R2160**

## Biokineticist sessions:

### **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.

### **Banking details:**

Karla van Dyk Biokineticist

ABSA




Cheque

**4097983506**

Centurion 632005

Use your name and  
surname as the reference  
and email to:  
kvdbiokineticist@gmail.com

# CHALLENGES

Only for Move group classes	MONTHLY CHALLENGE/ THEME	
JANUARY	MOVE ME RUN/WALK EVENT	
FEBRUARY	TWENTY26 WORKOUT CHALLENGE	
MARCH	BURPEE CHALLENGE	
APRIL	28-DAY STRETCHING CHALLENGE	
MAY	SATURDAY EVENT	
JUNE	STEP CHALLENGE	
JULY	BRING A BUDDY MONTH	
AUGUST	CARDIO FOR CALORIES	
SEPTEMBER	30-DAY FITNESS CHALLENGE	
OCTOBER	MENTAL HEALTH AWARENESS	
NOVEMBER	MOVE-MBER	
DECEMBER	END-YEAR FUNCTION	

Only applicable for Move group classes

## 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

