

2024



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



info@movemegym.co.za



21 Denne street,
Kuils River

GROUP CLASSES

RATES & PACKAGES

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

R320

Package 2

8x group
classes per
month

R580

Package 3

12x group
classes per
month

R800

Family package

For a family of 4,
you only pay for
3 people

R1740

- 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

Karla Verwey
072 179 2266



21 Denne street,
Kuils River

PILATES CLASSES

CLIENT INFORMATION



PILATES EXERCISES

Including the traditional pilates core and hip strengthening exercises using pilates equipment like resistance bands and exercise balls.

AEROBIC EXERCISES

Including exercises that will increase your heart rate in order to burn more calories, improve your cardiovascular fitness and muscle strength.

PILATESPLUS

This is a 45min class in which there will be periods in which you perform aerobic exercises in order to get your heart rate up and in between you will perform Pilates exercises at a slower pace with the focus on controlled movements.

PILATES+

Pilates with Aerobics



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.



April 2024

GROUP CLASSES

MON

08:00-08:45	Women's HIRT
18:00-18:45	PILATES
18:00-18:45	HIRT
19:00-19:45	HIRT

Fully booked

TUE

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

WED

08:00-08:45	Women's HIRT
18:15-19:00	PILATES
18:00-18:45	HIRT
19:00-19:45	HIRT

THU

06:00-06:45	PILATES
18:15-19:00	PilatesPlus
18:00-18:45	HIRT
19:00-19:45	HIRT

FRI

08:00-08:45 Women's HIRT

Pilates classes are presented in Afrikaans

Package 1

4x group classes per month

R320

Package 2

8x group classes per month

R580

Package 3

12x group classes per month

R800

HIRT: High Intensity Resistance Training

PILATESPLUS: Pilates with Aerobics



Karla Verwey
072 179 2266



21 Denne street,
Kuils River

PRIVATE SERVICES

RATES & TARIFFS



21 Denne street,
Kuils River

Private: One-on-one rates:

- 45min exercise session R260
- 30min exercise session R210
- Sports-massage 30min R380

Biokinetics services:

- Initial Consultation R460
- Exercise & rehabilitation session R360
- Vitality Fitness assessment R533



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

