



2026 *CLIENT INFORMATION*

Contact details:

MOVE ME gym

072 631 4654

Admin

Karla Verwey

072 179 2266

Owner

Rehan De Jongh

073 924 1069

Biokineticist



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



September 2026

GROUP CLASSES

MON

NEW

05:00-05:50 MORNING MOVE with Karla
09:00-09:50 WOMENS WEIGHT TRAINING with Michael
18:00-18:45 BEGINNERS WEIGHT TRAINING
19:00-20:00 HYBRID TRAINING **🚫 CLASS IS CURRENTLY FULL**

WED

NEW

05:00-05:50 MORNING MOVE with Karla
18:00-18:45 BEGINNERS WEIGHT TRAINING **🚫 CLASS IS CURRENTLY FULL**
19:00-20:00 HYBRID TRAINING **🚫 CLASS IS CURRENTLY FULL**

TUE & THU

06:00-06:45 BEGINNERS WEIGHT TRAINING
17:00-17:45 STRENGTH FOR RUNNERS
17:00-17:45 AFTERNOON MOVE with Rehan
18:00-18:45 PILATES **🚫 CLASS IS CURRENTLY FULL**
19:00-20:00 EVENING MOVE with Rehan

FRI

NEW

05:00-05:50 MORNING MOVE with Karla
09:00-09:50 WOMENS WEIGHT TRAINING with Michael

SAT

NEW

08:00-09:00 DEADLY DOZENS TRAINING

TERMS & CONDITIONS

PLEASE READ T&C BEFOREHAND

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



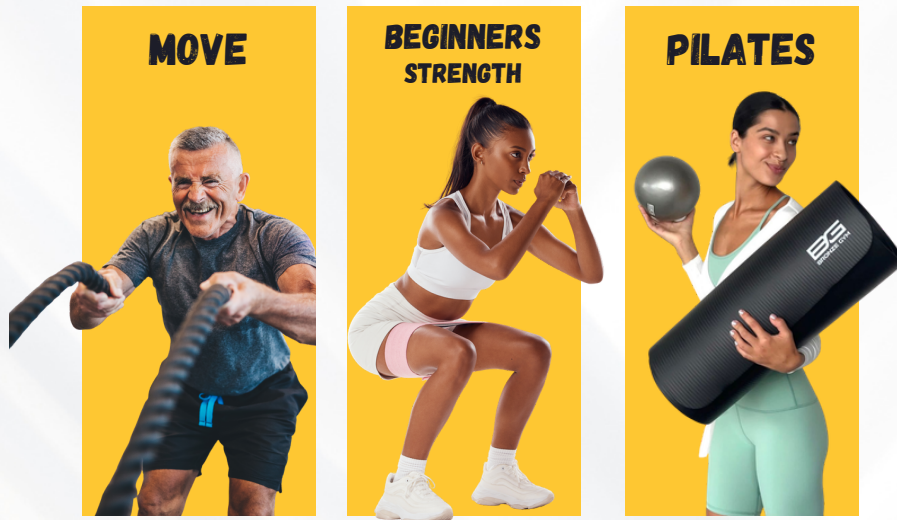
072 631 4654/
072 179 2266



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

MOVEME

OUR GROUP CLASSES



MOVE CLASSES

Combination of strength training, cardio, functional exercise and prerrehabilitation. The intensity is higher than the beginners weights classes and are recommended for clients wanting to lose weight or increase their fitness levels.

BEGINNERS WEIGHT TRAINING

Combination of strength training and Pilates. Ideal for women who needs to increase their bone mass density or someone who have never trained at a gym before. **There is a Pilates-ONLY class every second Monday 18:00 and Tuesday 06:00.**

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).

MOVE ME HYBRID TRAINING

These classes focus on training for events like the Titan Hybrid games, HYROX and Deadly Dozens. **When these events are over, the focus shifts to a combination of strength training and cardio.**



CLIENT INFORMATION

GROUP CLASSES



Bring your gym towel & use it on the gym equipment & mats. Bring your own water bottle

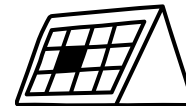


Please **don't enter the gym earlier than 10 minutes** before the start of your training session



Please try and cancel 12 hours before your session & let us know if you discontinue your membership with us

There is no group classes on public holidays



Please vote on the weekly POLL on WhatsApp if you are attending or not.

SATURDAY HYBRID TRAINING SESSIONS



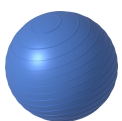
The Saturday sessions will only focus on hybrid training (similar training as Hyrox, Titan races and deadly dozens)

Take note: The saturday sessions are NOT included in the monthly group class packages and cost an additional fee of R100 per session.



The Saturday sessions will be cancelled if there is less then 5 people who can attend.

PILATES



Clients need their own anti-burst exercise ball. Only bring ball with when asked to. Use a 65cm or 75cm diameter ball)



All Pilates classes are presented in Afrikaans. English people should be able to follow instructions.



Group class packages:

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
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Private session rates:

(Biokinetics not included)

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

FAMILY PACKAGE

For 4 people **R2160**

There is no cancelation fee for
cancelling your membership

- **No refunds for sessions missed**
- Group classes are billed monthly and not per session
- Payments due at the **beginning of each month**
- The saturday sessions are NOT included in the monthly group class packages and cost an additional fee of R100 per session.

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	FUNCTIONAL MOVEMENT SCREEN	
MAY	QUIZ NIGHT-30 MAY	
JUNE	STEP CHALLENGE	
JULY	BRING A BUDDY MONTH	
AUGUST	TEAM RELAY COMPETITION	
SEPTEMBER	ALTA DU TOIT 5KM FUN RUN/WALK	
OCTOBER	MOVE ME DOZENS RACE	
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

