



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



GROUP CLASSES

2026

FREE TRIAL SESSION

MON & WED

08:00-09:00

MORNING MOVE

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

08:00-09:00

MORNING MOVE

SAT

NEW

07:00-08:00 SATURDAY SWEAT SESSION

Free for members (Package 2, 3 & 4)

Once off class/ Saturday class: R100

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

Traditional Pilates mat exercises.

SATURDAY SWEAT CLASSES

The Saturday classes is a high intensity training session, including running and functional exercises, but will be scaled for those who cannot run or do certain exercises.



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



Private session rates: (Biokinetics not included)

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

SATURDAY SWEAT SESSIONS

**Saturday morning sessions (Hyrox inspired) that will be free
for members (Package 2, 3 and 4 members)**

Single class/ Once off class/ Saturday class

R100

**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

MOVE ME TEAMS

NEW

What makes MOVE ME different? Our community.

We would like to create a culture of healthy competitions among our clients with monthly challenges. Creating an environment where we can support, challenge and encourage each other to become stronger.

The idea:

To divide our clients into two teams. Each member will contribute points towards their team by participating in our monthly challenges.















We would like to encourage our members to use the STRAVA app to track your fitness, calories burnt, mention MOVE ME in your workouts, encourage and celebrate each other's training sessions.

SPORTS MASSAGE

R460 for 45min

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	

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

