



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

July 2026

## MON

NEW

TITAN

08:00-09:00	MORNING MOVE with Michael
09:00-09:50	WOMENS WEIGHT TRAINING with Michael
18:00-18:45	BEGINNERS WEIGHT TRAINING
19:00-20:00	MOVE ME HYBRID TRAINING <b>🚫 CLASS IS CURRENTLY FULL</b>

## WED

NEW

TITAN

08:00-09:00	MORNING MOVE with Rehan
18:00-18:45	BEGINNERS WEIGHT TRAINING & CARDIO
19:00-20:00	MOVE ME HYBRID TRAINING <b>🚫 CLASS IS CURRENTLY FULL</b>

## TUE & THU

TITAN

NEW

05:00-05:45	MOVE ME HYBRID TRAINING
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
19:00-20:00	EVENING MOVE with Rehan

## FRI

NEW

08:00-09:00	MORNING MOVE with Karla
09:00-09:50	WOMENS WEIGHT TRAINING with Michael

## SAT

TITAN

08:00-09:00	MOVE ME HYBRID TRAINING <b>(Cancelled if less than 5 people)</b>
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Take note: The saturday sessions are NOT included in the monthly group class packages and cost an additional fee of R100 per session.



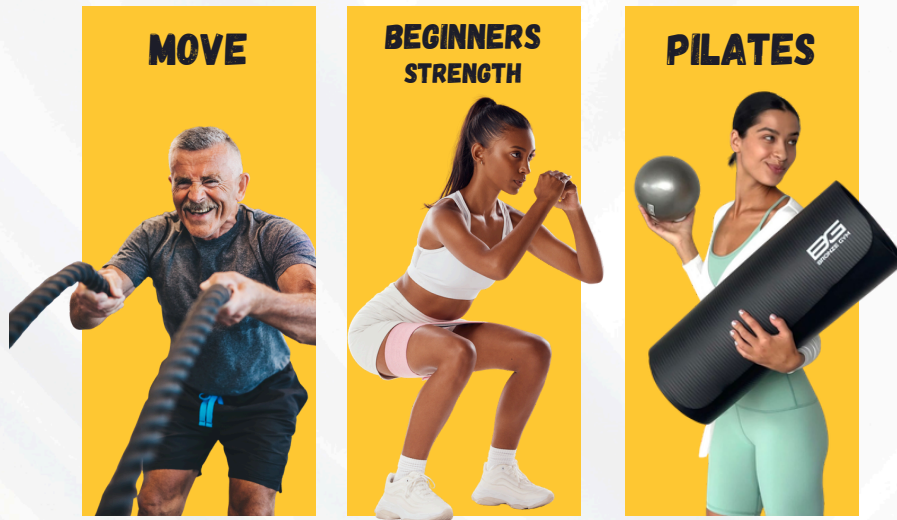
072 631 4654/  
072 179 2266



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



# 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




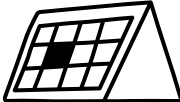

These classes focus on training for events like the Titan Hybrid games, HYROX and deadly dozens. When these events are over, the focus shifts to a combination of strength training and cardio.





# CLIENT INFORMATION



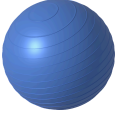

## GROUP CLASSES

-  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:

<b>Package 1</b> 4x group classes per month	<b>Package 2</b> 8x group classes per month	<b>Package 3</b> 12x group classes per month	<b>Package 4</b> Unlimited sessions per month
<b>R400</b>	<b>R720</b>	<b>R960</b>	<b>R1250</b>

### 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 cancellation 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	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

