

# QUEENSWOOD BIOKINETICS & GYM



Shop 33, Queenscorner Shopping Centre  
C/O Soutpansberg Road & Stead Avenue, Queenswood, Pretoria, 0186  
(012) 333 5710 | mwpchm@mweb.co.za  
www.queenswoodbiokineticsandgym.co.za

## Gym Times:

Mondays to Thursdays : 05:00—19:00\*  
Fridays : 05:00—18:00\*  
Saturdays : 08:00—12:00\*

\*(Please do a booking, should you want to do the last hour before closing)

## Become a member + 1st month gym fee:

- Joining (*only*) : **R540.00**
- Joining + Program : **R740.00**
- Joining + Evaluation + Program : **R800.00**

## 2nd Month & Onward:

- Adults : **R380.00**
- Students / Scholars : **R360.00**
- Pensioners : **R350.00**

## Spinning Classes Info:

- Reservations required
- Cancellations 2hours in advance
- **R40.00** per class (*membership NOT required*)
- **R120.00** for Mid-Morning Spin (*once a week, per month*)
- **R350.00** for month ticket (*membership NOT required*)
- **R450.00** for monthly spin + gym combo
- Water bottles + towels is compulsory

## Spinning Classes:

- Mondays : 05:00
- Wednesdays : 05:00
- Fridays : 05:00

## Fitness Classes:

- Booking is essential, please book 24hours in advance
- 5 Attendees allowed per class
- **R60.00** per class (*membership NOT required*)
- **R450.00** for month ticket (*membership NOT required*)

## Fitness Classes:

- Mondays : 17:00
- Tuesdays : 17:00
- Wednesdays : 17:00
- Thursdays : 07:00
- Fridays : 07:00
- Saturdays : 08:00

## Extras:

- Fat% + Report : **R150.00**
- Fat% + Program : **R350.00**
- 1 Day Gym Session (*membership NOT required*) : **R120.00**
- New Program : **R300.00**
- Sport Massages
  - 30 min : **R150.00**
  - 60 min : **R250.00**
- Family Packet : **\*\***

\*\* (3 or more joining – only 2 x joining fee and get **R40.00** off per month)

## Peripherals (prices might vary):

- Strapping Roll : **R60.00**
- Resistant Band—Yellow/Red : **R65.00**
- Resistant Band—Blue/Black : **R75.00**
- Resistant Band—Long Blue : **R350.00**

# QUEENSWOOD BIOKINETICS & GYM



Shop 33, Queenscorner Shopping Centre  
C/O Soutpansberg Road & Stead Avenue, Queenswood, Pretoria, 0186  
(012) 333 5710 | mwpchm@mweb.co.za  
www.queenswoodbiokineticsandgym.co.za



ADVANCE PAYMENT OPTIONS (GYM):			
MONTHS	ADULTS	STUDENTS	PENSIONERS
3	R1 040.00	R990.00	R950.00
6	R2 020.00	R1 920.00	R1 870.00
12	R3 640.00	R3 440.00	R3 340.00
24	R6 580.00	R6 280.00	R5 980.00

ADVANCE PAYMENT OPTIONS (GYM & SPINNING):	
MONTHS	ADULTS
3	R1250.00
6	R2430.00
12	R4320.00
24	R7560.00



## 3, 6 or 12 MONTHS SPECIALS (JOINING MONTH INCLUDED)

	JOINING (ONLY)			JOINING + PROGRAM		
	ADULTS	STUDENTS	PENSIONERS	ADULTS	STUDENTS	PENSIONER
1st + 2	R1 210.00	R1 160.00	R1 110.00	R1 310.00	R1 260.00	R1 310.00
1st + 5	R2 120.00	R2 020.00	R1 970.00	R2 270.00	R2 170.00	R2 070.00
1st + 11	R3940.00	R3 740.00	R3 590.00	R3 990.00	R3 840.00	R3 640.00

	JOINING + PROGRAM + EVALUATION		
	ADULTS	STUDENTS	PENSIONERS
1st + 2	R1 410.00	R1 310.00	R1 260.00
1st + 5	R2 320.00	R2 270.00	R2 120.00
1st + 11	R4 040.00	R3 840.00	R3 690.00

### BANKING DETAILS:

Perceptive Concept Health Management

Bank : Nedbank

Branch code : 160245

Account nr : 1602 153 809

Reference : Name & Surname\*\*\*

\*\*\*(Please email a proof of payment to mwpchm@mweb.co.za)

### PERSONAL TRAINING WITH A BIOKINETICIST:

#### Package 1:

3 x Training Sessions per week, for the month : **R1 620.00**  
(A total of 12 x sessions per month)

#### Package 2:

4 x Training Sessions per week, for the month : **R1 800.00**  
(A total of 16 x sessions per month)

### PERSONAL TRAINING + GYM PACKAGE:

#### Package 1:

3 x Training sessions per week + gym : **R 1 750.00**  
(On your own time during the week + 1 monthly evaluation)

#### Package 2:

4 x Training sessions per week + gym : **R 1 950.00**  
(On your own time during the week + 1 monthly evaluation)