## GYM @ PENRYN

|  |  |
| --- | --- |
| **SERVICES** | **FEE** |
| Gym membership | R400/term |
| Body composition assessment  | R160 |
| Gym body assessment  | R400 |
| Vitality fitness assessment  | R460 |
| Biokinetics rehab session  | R400 |
| Exercise program | R100 |
| Group classes* Weight loss
* Posture training
* Aerobics
* Spinning
* Stretching
 | R90 pp/class |

EMAIL: apbio@mwebbiz.co.za

CELL: 083 415 4056