## GYM @ PENRYN

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| **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