



WELLNESS

FIT 45

at The Yard

Welcome to The Yard functional fitness facility. Our doors are open to all committed individuals who are serious about getting results and reaching goals. Your background, fitness level or skill set is irrelevant. Even if you can't do pull-ups or if you've never touched weights in your life, we will give you all the advice and coaching you need to take your health and fitness level to the next level. If you are willing to put in the effort and commit to a training program that delivers results, then look no further.

Fit45 classes are group orientated, functional fitness sessions that is based on the principle of High Intensity Interval Training (HIIT). This is a training technique in which you give an all-out effort (relative to your own fitness level and ability) through quick bursts of exercise, followed by a short to intermediate rest period. This is a fun and exciting way to exercise daily as there is no more need to spend hours a day in the gym to get the results you desire.



FIT 45 WEEKLY FITNESS SCHEDULE:

TIMES	MON	TUES	WED	THURS	FRI	SAT
05:30 - 06:15	Fit45	Fit45	Fit45	Fit45	Fit45	
06:15 - 07:00	Fit45 intro	Fit45	Fit45 intro	Fit45	Fit45	
08:30 - 09:15	Fit45	Fit45	Fit45	Fit45	Fit45	Fit45 (8:00)
16:30 - 17:15	Fit45	Fit45	Fit45	Fit45	Fit45	
17:30 - 18:15	Fit45	Fit45	Fit45	Fit45	Fit45	
18:15 - 19:15	Fit45	Fit45 intro	Fit45	Fit45 intro	Fit45	

MEMBERSHIP COSTS:

LIMITED PACKAGE:

- 2 classes per week on 3 month contract for R900 per month
- 2 classes per week on 12 month contract for R720 per month

FAMILY PACKAGE: (Any direct family members of 2 or more)

- Unlimited classes per week on 3 month contract for R2475 per month
- Unlimited classes per week on 12 month contract for R2015 per month

UNLIMITED PACKAGE:

- Unlimited classes per week on 3 month contract for R1380 per month
- Unlimited classes per week on 12 month contract for R1115 per month

CONTACT:

Office	083 786 5561 (whatsapp only)
Operational Manager FitLife	076 577 4209
Coach: Brenden	078 133 2761
Coach: Willem	082 574 9675
Coach: Brian	082 516 5014

