

PROACTIVE FITNESS FACILITIES

- SAUNA
- SUNBED / TAN-CAN
- FIT CAFÉ
- PERSONAL TRAINING
- WILSON SCHNEIDER BIODYNAMICS
- LBB SPORTS MASSAGE
- JAMBO CORE FITNESS
- POWERPLATE
- INNOVATE FITNESS ACADEMY
- SAJKA KARATE
- BOXING
- YOGA
- BJJ JIU-JITSU
- KENJITSU



WELCOME TO PROACTIVE FITNESS

Proactive Fitness is not just another Health Club, it is an integrated Lifestyle & Wellness Centre which offers a wide range of physical activities to suit all tastes, ages and levels of fitness.

MEMBERSHIP CONTRACTS

- Membership is on a month-to-month basis payable by direct debit with 1 calendar month's written notice required.
- We offer the following upfront specials:
 - Pay for 6 months membership upfront & receive 1 month extra free
 - Pay for 12 months membership upfront & receive 2 months extra free

<u>BUSINESS HOURS</u>	
Monday to Friday	5:00 - 19:30
Saturday	6.00 - 13:00

MEMBERSHIP TYPE	FEES (VAT incl.)
Single	R690.00
Husband & Wife	R1 170.00
Pensioner (60+)	R555.00
Pensioner (60+) Husband & Wife	R945.00
Family of 4 (Husband & Wife & 2 Children)	R1 650.00
Student / Scholar	R470.00
Corporate (4 Joining together / Price per Person)	R660.00
Family of 3 (Husband & Wife & 1 Child)	R1 550.00
JOINING FEES	
General	R510.00
Couples joining together pay one joining fee	R510.00
Pensioners & Students	R455.00



028 313 2074 Landline
 084 358 9827 Mathew Browne
 079 387 3407 Reception Cell



mbproactive@gmail.com



Xplorio.com & Facebook



Hermanus Sports Club
 Magnolia Street
 Eastcliff, Hermanus

STUDIO CLASS TIMETABLE

TIME	DESCRIPTION	MINUTES	INTENSITY	INSTRUCTOR
MONDAY				
06:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
06:30	*VINYASA YOGA	60	ALL LEVELS	NICOLENE
07:45	SPINNING	60	HIGH	DEBBIE-LEE
08:00	ROM SCULPT	60	ALL LEVELS	HANRU
08:00	MONDAY WORKOUT	45	MED	ANNETTA
08:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
09:00	*VINYASA YOGA	60	ALL LEVELS	NICOLENE
09:00	PILATES	60	ADVANCED	JACKIE
09:00	*BOXING FIT	60	MED/HIGH	JACQUES
10:15	PILATES	60	BEG/INT	JACKIE
13:15	BEGIN TO SPIN	45	MED	DEBBIE-LEE
17:30	SPINNING	60	MED/HIGH	KIM
17:30	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
17:30	*VINYASA YOGA	60	ALL LEVELS	NICOLENE
TUESDAY				
7 & 8	*POWERPLATE	45	ALL LEVELS	DEBBIE-LEE
08:00	STEP FIT & FIRM	60	MED	ANNETTA
08:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
09:00	CALLANETICS	60	ALL LEVELS	JACKIE
10:15	PILATES	60	BEG/INT	JACKIE
17:30	*KETTLEBELLS	60	HIGH	EMMANUEL
18:00	*KENJITSU	60	HIGH	PIERRE
18:00	*BOXING FIT	60	MED/HIGH	JACQUES
WEDNESDAY				
06:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
07:00	*VINYASA YOGA	60	ALL LEVELS	NICOLENE
07:45	SPINNING	60	HIGH	ELMARIE
08:00	BODYPUMP & SHAPE	60	ALL LEVELS	DEBBIE-LEE
08:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
09:00	*VINYASA YOGA	60	INT/ADV	NICOLENE
09:00	PILATES	60	ADVANCED	JACKIE
09:00	*BOXING FIT	60	MED/HIGH	JACQUES
10:15	CALLANETICS	60	ALL LEVELS	JACKIE
11:30	MYOFASCIA RELEASE	60	ALL LEVELS	JACKIE
13:15	BEGIN TO SPIN	45	MED	DEBBIE-LEE
17:30	SPINNING	60	HIGH	WERNER
17:30	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
17:45	*VINYASA YOGA	60	ALL LEVELS	NICOLENE

THURSDAY				
07:00	BODYPUMP	45	ALL LEVELS	DEBBIE-LEE
08:00	*POWERPLATE	45	ALL LEVELS	DEBBIE-LEE
08:00	SHAPE & TONE	60	MED	ANNETTA
08:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
09:00	CALLANETICS	60	ALL LEVELS	JACKIE
10:15	PILATES	60	BEG/INT	JACKIE
17:30	*KETTLEBELLS	60	HIGH	EMMANUEL
18:00	*BOXING FIT	60	MED/HIGH	JACQUES
FRIDAY				
06:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
07:45	SPINNING	60	HIGH	DEBBIE-LEE
08:00	ROM SCULPT	60	ALL LEVELS	HANRU
08:00	*NIA DANCE	60	ALL LEVELS	JEANETTE
08:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
09:00	PILATES	60	ADVANCED	JACKIE
09:00	*VINYASA YOGA	60	ALL LEVELS	NICOLENE
09:00	*BOXING FIT	60	MED/HIGH	JACQUES
10:15	MYOFASCIA RELEASE	60	ALL LEVELS	JACKIE
13:15	BEGIN TO SPIN	45	MED	WERNER
SATURDAY				
06:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
08:00	*SYNERGY YOGA	90	MED/HIGH	JAMES
09:30	*THERAPEUTIC QIGONG	60	MED/HIGH	JAMES

PROACTIVE FITNESS CLASS BOOKINGS
028 313 2074 / 079 387 3407

SHADED CLASSES ARE PRIVATE @ EXTRA COST		
BOOKING ESSENTIAL DIRECTLY WITH INSTRUCTOR		
* FUNCTIONAL FITNESS	Emmanuel	067 757 1970
* KETTLEBELLS	Emmanuel	067 757 1970
* YOGA	James	082 788 3217
* YOGA	Nicolene	079 892 2505
* POWERPLATE	Debbie-Lee	083 237 9119
* NIA DANCE	Jeanette	083 273 9753
* BOXING	Jacques	064 598 9788
* SAJKA KARATE	Ronnie	083 655 4521
* BJJ JIU JITSU	Deon	079 120 3551
* KENJITSU	Pierre	084 038 7055