



STRENGTH // VITALITY // HEALTH

**K FIT Knysna**  
**NO 8 New Street**  
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GENESIS GYM EQUIPMENT & FREE WEIGHTS

SUPER CIRCUIT / CIRCUIT

CARDIO (FITNESS) EQUIPMENT UPRIGHT CYCLES RECUMBENT CYCLES TREADMILLS CONCEPT 2 ROWERS ELIPTICAL TRAINERS AIR BIKE

Affiliated with:  
**DISCOVERY VITALITY**

SUPPLEMENT BAR AND EXPERT ADVICE  
 - Enquire at Reception -  
 \*TRAINING PROGRAMS (1<sup>st</sup> program free)  
**2<sup>nd</sup> program = R105 each**  
 ASSESMENTS  
 - Additional fee -  
 ( Contact Reception )

\*PERSONAL TRAINING  
 - Additional fee -  
 ( Contact Reception )

CHANGE ROOMS  
 management discretion

GENERATOR

\*TERMS AND CONDITIONS APPLY

(AM) PEAK: 05:00 – 09:00  
 (PM) PEAK: 17:00 – 19:00

PENSIONER: 60yrs and older

MEMBERSHIP TYPE	PERIOD	JOINING FEE	DEBIT ORDER	CASH ONCE OFF PAYMENT
<b>SINGLE</b>	6 MONTHS	R 165.00	R 335.00	R 2010.00
<b>ADULT  </b>	12 MONTHS	R 165.00	R 325.00	R 3900.00
<b>STUDENT</b>				

MEMBERSHIP TYPE	PERIOD	JOINING FEE	DEBIT ORDER	CASH ONCE OFF PAYMENT
<b>SCHOLAR</b>	6 MONTHS	R 165.00	R 325.00	R 1950.00

MEMBERSHIP TYPE	PERIOD	JOINING FEE	DEBIT ORDER	CASH ONCE OFF PAYMENT
<b>PENSIONER</b>	3 MONTHS			R 1150.00
	6 MONTHS	R 165.00	R 335.00	R 2010.00

MEMBERSHIP TYPE	PERIOD	JOINING FEE	DEBIT ORDER	CASH ONCE OFF PAYMENT
<b>FAMILY NO 1</b>	6 MONTHS	R 605.00	R 1320.00	R7920.00
2 ADULTS, 2 KIDS*	12 MONTHS	R 605.00	R 1250.00	R15000.00
<b>FAMILY NO 2</b>	6 MONTHS	R 450.00	R 995.00	R 5970.00
2 ADULTS, 1 KID*	12 MONTHS	R 450.00	R 950.00	R 11400.00
<b>COUPLE</b>	6 MONTHS	R 330.00	R 670.00	R 4020.00
2 ADULTS, NO KID*	12 MONTHS	R 330.00	R 650.00	R 7080.00

FAMILY CONTRACT'S ONLY FOR DIRECT FAMILY MEMBERS - KIDS\* - MUST BE SCHOLARS – younger than 18 yrs  
 DISCOUNT ON JOINING FEE ONLY APPLICABLE WHEN ALL THE PARTIES ARE NEW MEMBERS

CASH	PEAK	SCHOLARS	PENSIONER
SESSION	R 85.00	R 70.00	R70.00
WEEK	R 200.00	R 180.00	R 180.00
MONTH	R 450.00	R425.00	R 425.00

**BUSINESS HOURS**  
 MO-THUR: 05:00 – 20:00  
 FRIDAY 05:00 – 19:00  
 SAT: 07:00 – 12:00  
 Public Holidays  
 07:00 – 12:00

\*\*\* SUBJECT TO CHANGE WITHOUT NOTICE