

FITNESS

tariff

ONE-TO-ONE SESSIONS		ZAR
Fitness Session - Single	30 mins	395
Fitness Session	60 mins	695
Fitness Session - Couples	60 mins	795

PERSONAL TRAINING CONTRACTS		ZAR
5 Sessions	30 mins	2500
10 Sessions	60 mins	4000
20 Sessions	60 mins	7500

OUT AND ABOUT FITNESS PACKAGES		ZAR
Mountain Trail Summit - Lions Head	60 mins	1625
Mountain Trail Summit - Table Mountain	90 mins	2195
Cycle the Seafront	60 mins	350
SUP (Stand Up Paddling)	60 mins	250
Personal One Run	60 mins	495

ONE FIT MEMBERSHIPS		ZAR
1 Day Pass		400
1 Month Pass		1500
6 Month Pass		8400
1 Year Pass		15600

YOGA		ZAR
One-to-One	60 mins	795
Couple Session	60 mins	995
Yoga on Table Mountain	120 mins	1500

Minimum age for gym use is 16 years.
Gym attire and proper footwear are required.

Stand-alone personal trainer contracts do not include access to the spa thermal suites. Above prices for 1 hour and 30 minute sessions are quoted per person. No access to the fitness centre outside of sessions booked with your personal trainer. All session packages to be purchased monthly and in advance. No carry over sessions or refunds. Late cancellation policy applies. *Applicable to non-residents only.

Above memberships include unlimited usage of the fitness centre in operational hours (6am - 8pm), full access to the Spa Thermal Suites including the Vitality Pools, Saunas, Steam Rooms, Ice-fountains and Experience Showers. Membership discounts do not include promotions, specials or previously discounted items.