



RATES & MEMBERSHIP TERMS



Group Training Monthly Membership Fees (Fixed & Non-Refundable)	R1,000.00
1-on-1 Training Monthly Membership Fees (Fixed & Non-Refundable)	R1,625.00
1-on-1 Personal Training - per session over and above Membership Fee (Minimum 3 times per week) - Only cancellations made 18-24hours before can be credited unless EXTREME circumstances apply.	R125.00
Discounts	
Students and scholars	-R400.00
Vanessa's Direct Nuskin Customers with a monthly ADR	-R150.00

T's & C's

- These fees are fixed rates and are not reduced or discounted for missed sessions (see more about this below).
- A programme will be left for ladies to continue their training should Vanessa be ill or away. The fees will remain unchanged in the event that her absence is anything up to and including 5 working days. A discount of R46.15 will be applied to the following month's fees for each working day she was unavailable from the 6th working day within one month onwards. (This term is provisional and extremely rarely applied.)
- CSI will close on Friday 15 December 2017. December membership fees will be R500.
- CSI will re-open on Monday 15 January 2018. January membership fees will be R500 payable on 1 January 2018.
- Monthly payments, payable at beginning of each month.
- Cash payments to please be made at first session of the new month.
- EFT's to please be processed from your account by 1st of the month at the very latest. All fees not reflecting by 3rd of each month could result in temporary suspension of membership.

Supervised group training days and hours

- Unless you have been medically advised against exercise, you are welcome. There are no fitness levels or ages that are unwelcome at CSI. It should be noted however, that this is not a rehabilitative facility, and MAJOR gross motor skill limiting injuries (new or old) may limit your enjoyment value here. You will be required to complete a Physical Activity Readiness Questionnaire (P.A.R.Q.) and to sign an Indemnity form before you begin your first session.
- You will learn how to train using your body weight, dumbbells, barbells, suspension system, medicine balls, slam balls, kettle bells, resistance bands, Swiss balls, Steps etc. etc. Vanessa's goal to empower you with knowledge and confidence to train in any environment, should you ever wish to.
- For improved cardiovascular health, fat loss, toning and general strength improvement, 3 days per week of CSI training is advised. You are welcome to train more often than that however, it is STRONGLY suggested that you first establish a rhythm and maintenance of 3 days a week for 1 full month before trying to do more.
- "Early Bird" hours are not available on Tuesdays and Thursdays. An arrangement can be made for you to access the gym to train on your own if you would like to.
- "Work Horse" hours are not available on Tuesdays and Thursdays. An arrangement can be made for you to access the gym between 16:00 and 17:00 to train on your own if you would like to.
- Your monthly membership entitles you to train at as many of the available times below as you like. 4 Workouts are created each week. Should you train more than 4 times, you will repeat one or more of the workouts. Vanessa will advise which would be appropriate at any given time.
- Please just confirm which days and sessions ("Early Bird", "Lucky Fish" or "Work Horse") Vanessa can expect you - a specific time will not be necessary.

NB NB NB: If Vanessa is NOT expecting you, chance is, she may not be there if you just arrive. If no-one is booked, she'll not open the facility. Please advise her via sms or whatsapp if you will not be at training purely so she knows not to expect you.

	Early bird	Lucky Fish	Work Horse
Mondays	05:00-06:30	07:30-09:00	16:45-17:45
Tuesdays		07:30-09:00	
Wednesdays	05:00-07:00	08.00-09:00	16:45-17:45
Thursdays		07:30-09:00	16:45-17:45
Fridays	05:00-07:00	08.00-09:00	
Saturdays, Sundays, Public Holidays		08:30-09:30	

- Sweat towels re provided at no additional charge.
- Water bottles are washed, refilled and refrigerated at no additional charge.
- Limited locker space is available for storage of ankle weights etc. at no additional charge.
- Shower facility is available but limited to one person at a time. Currently, most members shower at home and there have been no issues in this regard, however availability would be on a first-come-first-serve basis.
- Food monitor: You keep your food diary on your profile, and once a week Vanessa will check and make suggested changes to what you are doing.

NB NB NB::: Vanessa is NOT a qualified nutritionist, and these suggestions would be based on her own subjective experience and purely for day to day goals and NOT for specific performance or competitive outcomes. At this time this service will be offered at no charge. A fee may be implemented in future at Vanessa's discretion.

Other services

Car wash: Outside only (Please book day before - cash payment to staff member)	R100.00
Car wash: Outside and vacuum (Please book day before - cash payment to staff member)	R130.00
Child minding: Per child - adhoc (Please advise day before - cash payment to staff member)	R15.00
Child minding: Per child - monthly - cash payment to staff member	R100.00
Assessment: Girth and caliper	R100.00
Assessment: Girth only	R50.00

Online training - Monthly rates (internet access, Android app, iPhone app)

T's & C's

- Support after first month is limited to 4 phone calls per month. Additional support will incur a charge of R100 per call.
- First month with full telephone, online, e-mail support **R1,500.00**
- First month - set up and go (for those with experience in gym training) **R500.00**
- 2nd month onwards - see T's and C's regarding support **R300.00**
- Food monitor: You keep your food diary on your profile, and once a week Vanessa will check and make suggested changes to what you are doing. NB NB NB::: Vanessa is NOT a qualified nutritionist, and these suggestions would be based on her own subjective experience and purely for day to day goals and NOT for specific performance or competitive outcomes. **R400.00**