



RATES & MEMBERSHIP TERMS



Group Training Monthly Membership Fees (Fixed & Non-Refundable)	R1,100.00
Gym Access for Unsupervised training Monthly Membership Fees (Fixed & Non-Refundable)	R300.00
3 Day Training Programme - per programme	R330.00

Discounts

Students and scholars (only applicable to supervised training members)	-R400.00
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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 R50.77 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 necessary.)
- CSI will close for approximately 1 month over Dec/Jan period. Gym access can be arranged for unsupervised training. Group and 1-on-1 clients pay half their membership fees for December and for January. If client would like access to a programme using the online training app, fees will remain at full monthly rate and programme will be made available on app.
- 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

- All are welcome, however, if you have ever been medically advised against exercise, you will need to obtain a clearance letter from your Doctor first please. 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. Group training members are welcome to make arrangements to access the gym to train on their own during any of the 'Selfie' hours indicated below.
- Your monthly membership entitles you to train at as many of the available times below as you like. I strongly recommend making use of the facility during "Selfie" times to try to cover at least 30 minutes of cardiovascular activity each day.
- Your times are reserved for you to ensure that there are not too many people at any given time on a regular basis. You are always welcome to change to a different time slot provided you confirm with Vanessa at least 24 hours in advance.
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 - 06:00	08:00-09:30	16:15-15:15
Tuesdays	05:00 - 06:00	08:00-09:30	
Wednesdays			16:15-15:15
Thursdays	05:00 - 06:00	08:00-09:30	16:15-15:15
Fridays			

- Sweat towels re provided at no additional charge.
- Water bottles can be left behind and will be washed, ready and waiting for your next session.
- Limited pigeon hole space is available for storage of ankle weights etc. at no additional charge.
- Shower facility is available - 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.

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)	R25.00
Child minding: Per child - monthly - cash payment to staff member	R250.00
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) **R550.00**
- 2nd month onwards - see T's and C's regarding support **R330.00**
- Food monitor: you keep your food diary on your phone, 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**