

# X-TREME FITNESS

"X-TREME FITNESS partners with its members to enable them to achieve their physical fitness and overall well-being goals within their hectic and stressful modern lifestyles. We achieve this through unique and diverse training methods that can't be found in an ordinary gym environment"

- **CARDIO KICKBOXING - FUNCTIONAL FITNESS - KICKBOXING - BOOT CAMPS - SELF DEFENCE - PERSONAL TRAINING - ADVANCED FITNESS - BOXING - COMBAT FITNESS - PILATES**



**CARDIO KICKBOXING** - is a fusion of boxing, martial arts and aerobics usually done rhythmically to music. Offering an intense cross-training and total-body workout where about you burn between 600 to 1000 calories. **FUNCTIONAL FITNESS** - involves mainly weight bearing activities targeted at core muscles of the abdomen and lower back. **KICKBOXING** - Kickboxing is a group of stand-up combat sports based on kicking and punching, historically developed from Karate, Muay Thai, Khmer Boxing, and Western boxing. **BOOT CAMPS** - Group physical training that are designed to build strength and fitness through a variety of intense group intervals over a 1-hour period of time. **SELF DEFENCE** - are classes that teach the act of defending one's person when physically attacked, as by countering blows or overcoming an assailant. **PERSONAL TRAINING** - involves one on one classes where the trainer pays close attention to their client's exercise form, workout routine, and nutrition plan to increase their work out and fitness regime beyond that of group classes. **YOGA** - Pull out your gym mat and get ready to do a series of movements that will stabilize and strengthen your core. You will not only get stronger, more sculpted muscles and flexibility but you will also improve posture and a better sense of well-being.

| Studio A    |                                   |                     |                                   |                     |                                   |          |        |
|-------------|-----------------------------------|---------------------|-----------------------------------|---------------------|-----------------------------------|----------|--------|
|             | Monday                            | Tuesday             | Wednesday                         | Thursday            | Friday                            | Saturday | Sunday |
| 5am - 6am   |                                   | Functional Fitness  |                                   | Functional Fitness  |                                   |          | Closed |
| 7am - 8am   | X-treme Crossfusion (Ladies only) | X-treme Crossfusion | X-treme Crossfusion (Ladies only) | X-treme Crossfusion | X-treme Crossfusion (Ladies only) |          |        |
| 8am - 9am   |                                   |                     |                                   |                     |                                   |          |        |
| 9am - 10am  | Yoga                              |                     | Yoga                              |                     |                                   |          |        |
| 10am - 11am |                                   | Functional Fitness  |                                   | Functional Fitness  |                                   |          |        |
| 3pm-4pm     |                                   |                     |                                   |                     |                                   |          |        |
| 4pm - 5pm   |                                   |                     |                                   |                     |                                   |          |        |
| 5pm - 6pm   | Functional Fitness                | Kiddies Kickboxing  | Functional Fitness                | Kiddies Kickboxing  |                                   |          |        |
| 6pm - 7pm   | Golden Oldies Kickboxing          |                     | Golden Oldies Kickboxing          |                     |                                   |          |        |

| Studio B    |                   |  |                   |  |                   |                  |        |
|-------------|-------------------|--|-------------------|--|-------------------|------------------|--------|
|             | Monday            | Tuesday                                      | Wednesday         | Thursday                                     | Friday            | Saturday         | Sunday |
| 5am - 6am   | Cardio Kickboxing |  | Cardio Kickboxing |  |                   |                  | Closed |
| 7am - 8am   |                   |  |                   |  |                   | Sparring         |        |
| 8am - 9am   |                   |  |                   |  |                   | Advanced Fitness |        |
| 10am - 11am | Cardio Kickboxing |  | Cardio Kickboxing |  | Cardio Kickboxing |                  |        |
| 4pm - 5pm   | Cardio Kickboxing | Yoga   | Cardio Kickboxing | Yoga   |                   |                  |        |
| 5pm - 6pm   |                   | Cardio Kickboxing                            | Running Buddy     | Cardio Kickboxing                            |                   |                  |        |
| 6pm - 7pm   | Cardio Kickboxing | Beginner + Advanced Kickboxing 18:00 - 19:30 | Cardio Kickboxing | Beginner + Advanced Kickboxing 18:00 - 19:30 |                   |                  |        |
| 7pm - 8pm   | Boxing            |  | Boxing            |  |                   |                  |        |

**\*NB:** - Always check the updated roster either in the gym or on the gyms website.

- Class times are subject to change from time to time as we add new and exciting group classes for your health and fitness benefit.
- If a class has less than 3 members attending. These members will be moved into another class unless there is no other class happening at the same time as said cancelled class.
- Morning and Mid-day classes need to be booked for with the trainer or via the gym cell number 074-889-3743.

| Membership fee options               |       | Bank Details   |
|--------------------------------------|-------|--|
| Month to month debit order           | R 850 | <b>Bank:</b> FNB<br><b>Account Name:</b> Xtreme Fitpit<br><b>Account Number:</b> 62632973469<br><b>Branch Code:</b> 250655 |
| 12 months debit order                | R 750 |  |
| 24 months debit order                | R 600 |  |
| Once off group class                 | R150  |  |
| Just Yoga                            | R 300 |  |
| Golden Oldies                        | R 300 |  |
| Kiddies Kickboxing                   | R450  |  |
| Once off joining fee for all members | R 400 |  |

**TRY OUT A FREE WEEK OF CLASSES BEFORE YOU DECIDE!!!**