



MEMBERS SUBSCRIPTION

How it Works

Sessions are “pay as you play” and Grit City will deduct per session as we progress. A period of three weeks of non attendance – without prior notice, members will be held personally accountable and will forfeit two thirds of their sessions to Grit City (e.g. 3 sessions remaining = x2sessions forfeited & x1session remaining for member). An invoice will be sent to members for their impending sessions.

Current Available Sessions

- **Tuesday's Calisthenics and Free Movement sessions** **18:30 – 19:30pm**
- **Wednesday's Concrete Foundation Parkour sessions** **18:30 – 19:30pm**
- **Thursday's Move2Wellness Sessions** **18:30 – 19:30pm**
- **Saturday's Core Calisthenics sessions** **09:00 – 10:30am**
- **Sunday's Free Advanced sessions** Whatsapp group or pre arranged.

Thanks so much for spreading the word too, anyone who is referred by you will have their first session free to enjoy and should notify anyone of the trainers or managers beforehand.

Subscription Packages



Your life involves a powerful balance of good physical activity, when your life is about training as often as the body allows, then this is the one you will unless your inner beast and heaven with 4 classes per week, you are the go getter athlete ♥

R 850 / 16 sessions

- 16 classes
- Can use the facility at any time without disruption of classes
- Discounts on entries to competitions, boot camps and competitions
- 2 SynerChi Organics smoothies (Order the week before via whatsapp group)



You have the power to be stronger, to be fit, and to be healthier, you will know this choice will suit you best when you can train 3 times per week with us.

- 12 classes
- Can use the facility at any time without disruption of classes
- Access to whatsapp group for more assistance and guidance
- Discounts on entries to competitions, boot camps and competitions

R 700 / 12 sessions



When you know you can only join us **twice** a week, then this would be the most suitable choice for your lifestyle ♥

- 8 classes
- Can use the facility at any time without disruption of classes
- Access to whatsapp group for more assistance and guidance
- Discounts on entries to competitions, boot camps and competitions

R 500 / 8 sessions



You're just dropping by for a class and then looking play around the facility, then this is the option you should go for ♥

- 1 class
- Can come join any available class

R 120 / session

- Can use the facility after or before the class at own leisure without any disruption to other classes



You want to come have a beats session with on your own or with some mates, then this is the option you should go for ♥

- Can use the facility at own leisure without any disruption to other classes

R 80 / visit

Methods of Payment

- Personal enquiries – info@gritcity.co.za - will have invoices attached with banking details for EFT's
- Grit City Snap Scan code. This code is also available at Grit City's front entrance and can be downloaded at <http://www.snapscan.co.za/>
- You may also settle with cash in person and at a training session only with a manager of the facility
- Directly from Grit City's website <http://gritcity.co.za/index.php/about-grit-city/membership>

Grit City will soon be introducing yoga classes, special boot camps, advanced calisthenics, fitness programs, special SynerChi Organics food items, and additional Grit City products on the website.

Thank you for the time, Namaste!

