



2017 Price list



MOBILITY

PEAK PERFORMANCE
FITNESS

Mobility 2017 Price list:

Massage:

- 1 hour: R350
- 30 Minutes: R280

Training and Rehabilitation:

- Once off training/rehabilitation session: R200
- Injury assessment (includes one rehabilitation session): R350
- Once off assessment (includes body composition, posture, mobility and fitness): R250
- Group classes: R50/class or R200/month

Package deals:

- 5 session package: R1000
- 10 session package: R1800
- 20 session package: R3000

All package deals include two free full assessments valued at R250 each to help establish a baseline and to show you the results of your training.

Terms & Conditions:

Sessions valid for 90 days after purchase

Training partners are welcome. No extra charge for a group of two. An extra charge of R50 per person extra applies for groups of 3 or more.

Once off and package deal assessments cannot be shared.

Monthly group class fee allows you to attend as many group classes as you like. This is subject to space availability as numbers are limited to 10 persons per class. Attendance by booking only.



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PEAK PERFORMANCE FITNESS

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 Peak Performance Fitness Facebook page

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