



# 52 KINGFISHER

## HEALTH & BABY CENTRE

No 52 Kingfisher Drive Fourways

[www.fourwayshealth.co.za](http://www.fourwayshealth.co.za)

### SYNCHRONICITY

Pilates - Gyrotonic - Kettlebell

The prices for fitness sessions are listed below

Sessions per week	Fixed Monthly Rate		
	Private	Duet	Classes 3-6
1	210	150	90
2	205	145	85
3	200	140	80
4	195	135	75
5	190	130	70

- Sessions are paid monthly in advance on the first of every month and are calculated over a 4 week month, thus every second month will receive a **free weeks training!**
- All sessions are an hour long
- The first session is used as an assessment session, to determine strength, as well as to ascertain which areas can be improved. This assessment session is offered as a free session.

**STUDIO HOURS:** Mon -Thu 5am - 8pm  
Friday 5am - 5pm  
Saturday 6am - 12pm

For more information please call

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