



**GIVE THE GIFT OF HEALTH!
A FULL CIRCLE WELLNESS VOUCHER**

Health and fitness training to help you come your own “full circle” in your wellness journey!

Whether you are after individual fitness training in a private “non-gym-like” environment, or prefer the fun, games and giggles that come with group training, qualified trainer and Full Circle Wellness owner, Claire Davidson has something just for you!

BOOTCAMP CLASSES

Boot camp classes are fun “ladies only” group training, which incorporate training principles that promote cardio fitness, strength training and weight loss.

Aimed at women between 18-35, and using an effective combination of body weight exercises, basic gym equipment and the beautiful grassy sports fields of Herzlia Constantia, these outdoor classes offer a fun, informal environment to get your workout done!

SPORTY FORTY+ BODY CONDITIONING CLASSES

Aimed women over forty (and up until 95!), this small class will provide a fun, comfortable environment for ladies to exercise with personal attention not found in gym-classes, but without the cost of personal training fees! Enjoy low-impact exercises, designed to get your heart rate pumping and your muscles working, but without the scary push-ups! Think resistance band training, dumb-bell aerobics, yoga, pilates and core work!

CLASS	VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOOTCAMP CLASSES (18 - 35 years)	Herzlia Constantia Meadowridge	06h00 - 07h00 (morning class)		06h00 - 07h00 (morning class)		06h00 - 07h00 (morning class)
		18h30 - 19h30 (evening class)	18h00 - 19h00 (evening class)		18h00 - 19h00 (evening class)	
SPORTY+ FORTY CLASSES (40 - 95 years)	Full Circle Wellness Fitness Studio Meadowridge			07h30 - 08h30 (morning class)		07h30 - 08h30 (morning class)

YOUR FIRST BOOTCAMP OR SPORT FORTY+ CLASS IS FREE. YOU'VE GOT NOTHING TO LOSE!

CLASS	MONTHLY PACKAGE
BOOTCAMP CLASSES	<ul style="list-style-type: none"> 4 x sessions – R250* minimum base package 8 x sessions – R400 12 x sessions – R550 16 x sessions – R750 20 x sessions – R900 <p>You choose how often you want to attend class and on which days. You can also purchase the *minimum base package of R250 and the “top up” at R70 per class depending on how your schedule for the month goes!</p> <p><i>* please note, pro-rata classes at R70 per class are only applicable as Top Up's if a base package of R250 per month is purchased.</i></p>
	<ul style="list-style-type: none"> 4 x sessions – R300* minimum base package 8 x sessions – R550 <p>You can also purchase the *minimum base package of R300 and the “top up” at R80 per class depending on how your schedule for the month goes!</p> <p><i>*Please note, pro-rata classes at R80 per class are only applicable as Top Up's if a base package of R300 per month is purchased.</i></p>
SPORTY+ FORTY CLASSES	

WELLNESS WORKSHOPS

Full Circle Wellness offers monthly training workshops on Saturday mornings from 09h30 - 10h30, designed to target specific training areas. Small classes ensure personal attention to help you fine-tune your training principles in these specialised fitness areas.

2014 WORKSHOPS

- BE A BETTER RUNNER
- BE A BETTER GOLFER
- BRIDAL BOOT CAMP
- HOME GYM 101



PERSONAL TRAINING

Group training not your thing?

Full Circle Wellness offers personal or couple sessions in our private fitness studio. Completely private, these personal training sessions are specially designed to meet your unique fitness needs – whether it's improving your running time, working on your golf swing or strengthening knees or backs.

Personal training sessions are 60 mins in length, and use a combination of body weight exercises and gym equipment to target all three training principles of cardio, strength and flexibility training. Personal training clients each receive a complimentary 60min personal fitness assessment. Prices start at R200 per hour.

Contact Claire on the details below

Please note: Venues, prices, dates & times are subject to change without notice.

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