



"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 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 is designed to build strength and fitness through a variety of intense group intervals over an 1-hour period of time. **SELF DEFENCE** - are classes that teach the act of defending one's self 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. **COMBAT FITNESS** - It's important to be fit and healthy, but few exercise classes will give you the added bonus of life skills as Combat Fitness. Combining the fitness regimes of MMA, Muay Thai, Kickboxing, Boxing, Cardio and Functional our combat fitness classes emphasize on correct combat proven techniques, giving you confidence in your abilities and giving you the edge in life as well as giving that perfect workout to keep the body fit and toned. **PILATES** - 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	Cardio Kickboxing		Cardio Kickboxing		Cardio Kickboxing		Closed
8am - 9am						Advanced Fitness	
9am -10am						Sparring	
3pm-4pm							
5pm - 6pm	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing			
6pm -7pm	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing			
7pm - 8pm	MMA	Kickboxing	MMA	Kickboxing			
Studio B							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am - 6am							Closed
8am - 9am							
9am -10am							
3pm-4pm							
4pm - 5pm	Combat Fitness		Combat Fitness				
5pm - 6pm	Pilates	Junior Kickboxing	Pilates	Junior Kickboxing			
6pm - 7pm	Boxing		Boxing				
6:30pm - 7:30pm		Functional Fitness		Functional Fitness			

***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 three members attending these members will be moved into another class unless there is no alternative class happening at the same time as said cancelled class.

Membership fee options		Bank Details
Month to month debit order	R 600	Bank: FNB
12 months debit order	R 450	Account Name: Xtreme Fitpit
18 months debit order	R 410	Account Number: 62632973469
24 months debit order	R 350	Branch Code: 250655
once off group class	R 75	
Once off joining fee for all members	R 450	

TRY OUT ANY CLASS FOR FREE BEFORE YOU DECIDE!!!

Contact information -Phone number - 076 894 6255 - Email address - info@x-tremefitness.co.za -
Address - Ryneveld Corner Center, Cnr Van Ryneveld Ave & Fouche Rd, Pierre van Ryneveld, Centurion