



Fitness & Rehabilitation Centre

Building 24, CSIR
Meiring Naudé Road
Brummeria
Pretoria
(012) 841 4141
info@bodykinetics.co.za
www.bodykinetics.co.za

THE CENTRE WITH ATMOSPHERE!

As a facility we pride ourselves on our warm and friendly atmosphere and strive to ensure that every visit is a pleasurable one.

Our facility is open 7 days a week with 24-hour access for your convenience. The facility consists of a fully equipped gymnasium with a variety of classes and additional services.

An indoor, 20m x 6m heated swimming pool is situated away from the main activity area to provide privacy during use.

Supervision / Office Hours

Mondays to Thursdays: 06h00 - 20h00
Fridays: 06h00 - 18h00
Saturdays: 08h00 - 13h00

Use the COVID Online Screening when visiting the campus / facility (compulsory).

<https://screen.csir.co.za>

TARIFFS

When joining or renewing, an ID book or Drivers License will be required.

Access card R50.00/member
Joining Fee R350.00/member
Debit order Joining Fee R380.00/member

Individual Contracts:

	Once off	Debit order
6 month	R2298	R425/month
12 month	R4260	R404/month

Limited Access (09h00-15h00 Mon-Fri):

	Once off	Debit order
6 month	R1770	R333/month
12 month	R3300	R311/month

Age 65+ Individual Contracts:

	Once off	Debit order
6 month	R2208	R400/month
12 month	R4080	R377/month

Limited Access (09h00-15h00 Mon-Fri):

	Once off	Debit order
6 month	R1686	R315/month
12 month	R3060	R285/month

Age 75+ Individual Contracts:

	Once off	Debit order
6 month	R2040	R372/month
12 month	R3816	R350/month

Limited Access (09h00-15h00 Mon-Fri):

	Once off	Debit order
6 month	R1548	R286/month
12 month	R2760	R257/month

Age 85+ Individual Contracts:

Free Membership!
Only pay for Access card & Joining Fee

Scholar Contracts:

	Once off	Debit order
6 month	R1950	R360/month
12 month	R3768	R339/month

Family Contracts (12month contract):

(Mother, Father, children <21years – ID required)

	Once off	Debit order
2 members	R 8040	R385/month/person
3 members	R11664	R371/month/person
4 members	R14784	R358/month/person

Prices are subject to change without prior notice!

WHY JOINING US IS A GREAT IDEA

1. Biokineticists ready to assist all members
2. 24-hour access / 7 days a week
3. Secure campus with safe parking
4. Individual program prescription available
5. Personal attention
6. Hygiene and cleanliness of the facility
7. Reasonably priced
8. No fancy clothes needed
9. Physiotherapist
10. Dietician
11. Kinderkineticist
12. Enclosed heated swimming pool
13. Wheelchair friendly
14. Bestmed testing
15. Compcare wellness program
16. Momentum points machine
17. Vitality points machine
18. Vitality Fitness Assessment

AVAILABLE CLASSES:

- ❖ Water Aerobics
(Swimming caps compulsory)
- ❖ Body conditioning
- ❖ Pilates
- ❖ Spinning
- ❖ H I T (High Intensity Training)

WATER THERAPY

Mon - Fri: 09h00 – 10h00

- Classes are presented by a biokineticist
- For patients / members with orthopaedic incidences, had operations, chronic illnesses or anybody wishing to become physically more active.

**CLASSES OFFERED ARE SUBJECT
TO AVAILABILITY OF INSTRUCTORS
NO CLASSES DURING DECEMBER
HOLIDAYS**



WHAT IS A BIOKINETICIST?

A biokineticist is an exercise specialist who enhances a person's physical condition and quality of life by means of physical assessment, education and the prescription of scientifically based exercises.

The biokineticist is part of the medical team that specialises in preventative medicine and final phase rehabilitation. A biokineticist prescribes safe individualised exercise programmes to promote a healthy lifestyle and quality of life through physical activity.

WHO CAN USE BIOKINETIC SERVICES?

People with the following conditions:

- * Orthopaedic
- * Cardiac
- * Osteoporosis
- * Diabetes
- * Stress
- * Asthma
- * Arthritis
- * Parkinson's
- * Joint problems
- * Elderly
- * Post-surgical rehab
- * Pulmonary disease
- * High blood pressure
- * Sports Injuries

Any person who wants to be physically more active, healthier and improve his / her quality of life.

EXTRA SERVICES:

Biokineticists 012 841 4141

Physiotherapists
Louise Kruger 083 650 0848

Dietitian
Janet Wiegand 083 478 4396

InBody Scan 012 841 4141

Kinderkineticist
Irma 078 300 3398

DIADORA Swim School
Isabel 07633123771

