

## Active Explosive – Fee Structures

Fee Structure	Monthly Fee	Student/Scholar	Pay-as-you-go
<b>Freebies</b>			
Try-out session	FREE for any one of our fitness classes		
Upon joining Active Explosive	NO JOINING / REGISTRATION FEES		
	Free Nutrition & Exercise Guidelines		
<b>All Inclusive Package Fee Option</b>			
Package Fee	R680 p/m	R610 p/m	N/A
<i>*Package includes access to all fitness classes, as well monthly fat measurements (excl. additional offerings)</i>			
<b>PowerFit + PowerGrid</b>			
Any 2 classes per week	R300 p/m	R270 p/m	R70 per single class
Any 3 classes per week	R400 p/m	R360 p/m	
Any 4 classes per week	R500 p/m	R450 p/m	
<b>FitBand</b>			
Any 2 classes per week	R230 p/m	R210 p/m	R50 per single class
<b>FitX Fitness &amp; Pace + FitX Endurance</b>			
Any 2 classes per week	R200 p/m	R180 p/m	R50 per single class
Any 3 classes per week	R290 p/m	R260 p/m	
<b>Combo Options</b>			
2 x PowerFit/PowerGrid + FitBand x 2	R510 p/m	R460 p/m	N/A
2 x PowerFit/PowerGrid + FitX x 2	R480 p/m	R430 p/m	N/A
2 x FitBand + FitX x 2	R410 p/m	R370 p/m	N/A
<b>Saturday Obstacle/Power Classes</b>			
1 x class per week	R200 p/m	N/A	R100 per single class
<b>Kids FitX Classes</b>			
1 x class per week	R160 p/m	N/A	R60 per single class
2 x classes per week	R280 p/m	N/A	
<i>**Kid focused class - adults welcome to partake (same fee applies)</i>			
<b>Trail Running</b>			
Every Saturday	R120 p/m	N/A	R40 per single class
<b>Self Training Options</b>			
Trail Running	R100 p/m	N/A	N/A
Outdoor Gym	R200 p/m	N/A	N/A
	*R120 p/m	*For existing paying Active Explosive members	
<i>**Use of the outdoor gym are only permitted outside of the Active Explosive PowerFit &amp; PowerGrid training times</i>			
<b>Class Bundle Options</b>			
Any 5 classes	R250 per month		
Any 10 classes	R450 per month		
<i>**Class bundles must be used within a one calendar month period</i>			
<b>FitFam Discounts</b>			
Family up to 2	10% Discount		
Family up to 3	15% Discount		
Family 4+	20% Discount		
Package option - Family of 2	Flat fee of R1100 per family unit		
Package option - Family of 3	Flat fee of R1600 per family unit		
Package option - Family 4+	Flat fee of R1950 per family unit		
Pay for a year (before end Feb )	18% Discount on full year amount		

<b>Additional Offerings</b>	
<b>Weight Loss Programme</b>	
Once off fee	R500
<u>Includes:</u>	Electronic Eating Plans, Recipes and Nutrition Guide
	3 x Body Fat Measurements (1 per month for 3 months)
	Email and Whatsapp Support for 3 months
<u>Additional:</u>	New updated recipes - R100 per bundle of 10
	Additional Body Fat Measurements - R20 per measurement
<b>Coaching Services (Running)</b>	
Comprehensive Coaching Package	R800/once off ( <i>maximum period - 8 weeks</i> )
	R720/once off for *AE members ( <i>maximum period - 8 weeks</i> )
Monthly Coaching Package	R350/month ( <i>maximum period - 8 weeks</i> )
	R280/month for *AE members ( <i>maximum period - 8 weeks</i> )
Once Off Race Specific Plan	R950/once off ( <i>maximum period - 12 weeks</i> )
	R880/once off for *AE members ( <i>maximum period - 12 weeks</i> )
<i>*AE = Paying Active Explosive members</i>	
<b>Personal Training (Individual 60 min training sessions)</b>	
Rates available upon request	
<i>*No reimbursement or rescheduling of cancelled or missed sessions.</i>	