

GARY PLAYER GOLF FITNESS CENTRE

FITNESS/WELLNESS CONSULTATION

MEMBERS: R250 | NON-MEMBERS: R300

TRAINING ORIENTATION SESSION

MEMBERS: R300 | NON-MEMBERS: R350

EVALUATION & TRAINING DEMO

MEMBERS: R500 | NON-MEMBERS: R600

SUPERVISED TRAINING PER HALF HOUR

MEMBERS: R200 | NON-MEMBERS: R220

SUPERVISED TRAINING 8-SESSION PLAN

MEMBERS: R1,500 | NON-MEMBERS: R1,600

SUPERVISED TRAINING 16-SESSION PLAN

MEMBERS: R2,700 | NON-MEMBERS: R3,000

SUPERVISED TRAINING 24-SESSION PLAN

MEMBERS: R3,800 | NON-MEMBERS: R4,200

HALF HOUR SPORTS MASSAGE

MEMBERS: R250 | NON-MEMBERS: R300



GARY PLAYER GOLF FITNESS CENTRE PROFESSIONALS

- DID YOU KNOW THAT OUR GARY PLAYER GOLF FITNESS CENTRE PROFESSIONALS ARE UNIVERSITY OF PRETORIA GRADUATES AND TPI CERTIFIED?
- THE GARY PLAYER GOLF FITNESS CENTRE OPERATES IN COLLABORATION WITH THE UNIVERSITY OF PRETORIA, A LEADER IN THE FIELD OF HUMAN MOVEMENT SCIENCES.
- TPI IS A US-BASED ORGANIZATION THAT HAS AMASSED 2 DECADES WORTH OF GOLF-SPECIFIC DATA FROM THE WORLD'S LEADING PLAYERS.



IAN CORBETT (BA (HMS) (HONS SPORT SCIENCE); TPI LEVEL 3 GOLF FITNESS AND PERFORMANCE)
SPECIALIZES IN THE OPTIMIZATION OF PHYSICAL CONDITIONING FOR GOLF.



GAVIN GROVES (BA (HMS) (HONS BIOKINETICS); TPI LEVEL 3 MEDICAL TRACK - SPECIALIZES IN INJURY ASSESSMENT, PERFORMANCE TRAINING AND REHABILITATION INTERVENTION.



SUNÉ GOUWS (BA (HMS) (HONS BIOKINETICS); TPI LEVEL 3 MEDICAL TRACK - SPECIALIZES IN SPORTS MASSAGE, INJURY ASSESSMENT AND REHABILITATION INTERVENTION.

WE OFFER A FULL RANGE OF BIOKINETICS SERVICES - PLEASE ENQUIRE AT OUR FRIENDLY HOSPITALITY DESK

