



## JULY NEWSLETTER

Welcome to our 2<sup>nd</sup> edition newsletter. We hope you enjoy it and please let us know if there is anything you think we should have or any suggestions for clients of the month.

### Bring a friend Friday!

For the next 2 weeks Transfit is having a bring a friend Friday, this allows you to bring whoever you want to come and train with you on a Friday. This ends Friday 10 July.

### New machine

Transfit has recently purchased an Oxygen machine. The benefits of training with this machine is it improves your oxygen capacity and also improves exercise tolerance.

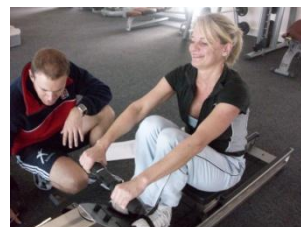
We have packages that you can buy for the oxygen machine which are listed below.

Membership 6 month unlimited – R300 per month  
Membership 12 month unlimited – R230 per month

Per session:  
10 sessions – R100 per session  
15 sessions – R85 per session  
20 sessions – R75 per session

### Client of the month

Well done to Rob Peters for loosing 11kg in 8 weeks! Well done Rob your hard work is paying off!



### New Clients

We would like to welcome Fatima Khan, Khalid Khan, Courtney Chase, Steven Doidge, Pia Mitri, Amy Jansen, Mary Anne Williams, Declan Sedien. We hope that you enjoy your time at Transfit and get your results.

### EAS Special

We have a bunch of new supplement specials on offer now.

- Muscle Armour + Case of originals (cookies and cream) + a box of protein bars for R800
- CLA fat burners + a box of protein bars for R450
- 2 cases of carb sets for the price of 1.

For more info please speak to your trainer.

### 2 Hour sessions

We have now have had two 2 hour sessions. They have been great fun and we want to continue them, the extra hour doesn't cost you anything so come in and make the most of it!

