



# September Newsletter

## New gym area

Transfit is extending! We are having 180 sq M added on, this area is going to have more showers, lockers and equipment. This area will be opening 1<sup>st</sup> November.

## Achievement Wall

Transfit is introducing an achievement wall, the wall will be in the assessment and every time someone breaks a record they will sign the wall!

## LRS System

You all have probably noticed the black trays that are on the desk. Those of you who don't know what they are, it is our new LRS system. We will be doing all assessments on these as it is quicker, more efficient and saves the trees!

## Drinks evening

Transfit would like to say thanks to everyone who attended the drinks evening on Friday. Looking forward to more! Chris Stewart gets man of the match.

## Discovery

The discovery machine is up and running again, we have confirmed that clients have been receiving their points, so after every session enter your details and receive 150 points!

## Tutoring

Now that school reports have come out and exams are on the way, you may be looking for a tutor for your kids. One of our Clients (Graz Schmid) offers these services. For more information please contact her on 0835601776

## New Members

I would like to welcome new members to Transfit come on lets get the results before summer comes.

## Vitamin water & EAS special

- Muscle Armour R650
- Muscle Armour + case RTD R750
- 5 x RTD cases R1000
- 2 x RTD cases R500
- Muscle Armour + Fat burner + 2 RTD cases R850

Case of Vitamin water R340 save R44!

## Body Line

Body Line has been set up here at Transfit. It is a beauty salon run by Mandy Paulson. She offers waxes, manicures, pedicures, wraps, tinting and many more things.

If you would like to book with her please contact Mandy (072 985 8248) or (021 674 2224) for more information please see her pamphlet at reception.

## Client of the month

Congratulations to Didi Myeko! Didi has lost 8kg in 3 weeks! Well done!

Also well done to Brandon Bekker for his 12 minute tyre record and to Jarrud Sage for beating his own record and doing a 2.4 run in 8:09 min.

Next month there are going to be a lot of new challenges coming up but we'll keep you posted of what's happening

## Free O2

As we mentioned in our newsletter before, we have an oxygen machine and were offering packages. The O2 machine is now free to use, you will just have to buy your own mask for R40

