



Introducing a revolutionary new approach to fitness conditioning that guarantees results.

When you see the amazing results our customers enjoy after a session at Transfit, you might wonder how we do it. It's simple: Nothing beats good old hard work. Transfit's aggressive approach to training is what makes us different and should be the principal reason you join. We guarantee that you'll see and more importantly, feel the results based on the goals and objectives upon which you decided with one of our qualified body mechanics. We'll work out what you need to achieve your goals with everything from a carefully managed eating plan, to intense group sessions.



Meet the Silver Surfer

Transfit is a pioneer not only in its approach to fitness, but its approach to technology. Exclusive to Transfit, the acquisition of the cutting edge Huber machine gives our clients yet another tool to increase the effectiveness of their workouts. By focusing on the deep muscles in the spine and lower back, Transfit's two Huber Silver Surfers offer a unique advantage by allowing you to work harder through increasing muscle strength from the inside out.



Corporate & Group Conditioning

We have found that corporate or group conditioning is very effective when it comes to training. As it's well



known there is strength in numbers and in this case, these are the reasons: if you have a group waiting for you, you'll get out of bed on numerous days you wouldn't have; you'll get as much out of giving support to others, as in receiving it; a group will pull you along when you're struggling, and hold you back when you're over-exerting yourself. By signing up members of your company, you maintain a healthy staff, which minimizes the number of sick leave days during the year. Group conditioning is also

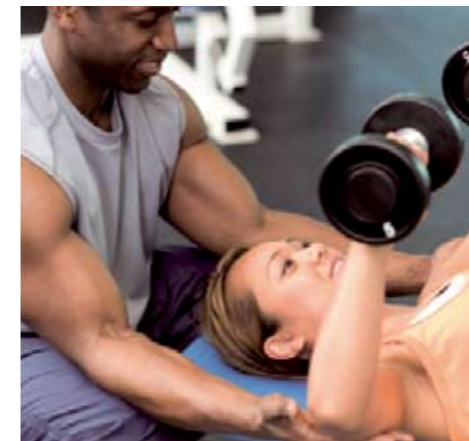


recommended for societies, friends or families. Specialized group sessions for schools and students: in the case of schools



Personal Attention

At Transfit everyone is an individual. This means that we recognize each and every member, and cater to his or her specific needs through constant communication. It's our personal attention that makes all the difference. From finding a unique programme that suits your needs, to our monthly assessments that monitor your progress, we continually re-assess and re-evaluate your programme ensuring that it's ideal for you. If ever your goals or needs alter, our body mechanics will immediately advise you on the necessary changes that need to be made. They are there to answer any queries, help you with any of the



equipment and in any other way that makes your workout easier. You can also get one-on-one sessions organized if necessary.

and students, their needs are usually so specific that we have specialized group sessions designed just for them. This is very important, particularly in the case of school sports teams. With our conditioning, teams can reach their physical, and often their mental potential for their particular sport. We equip them for any situations they might encounter on the field or court, and more!



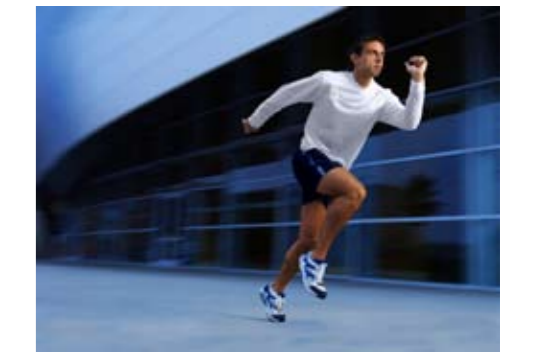
Supplements

Our wide range of supplements have been specifically designed with athletes in mind. They are able to supply you with nutrients, such as vitamins, minerals, fatty acids and amino acids, which are missing or are not consumed in sufficient quantities in a diet. The use of supplements can also aid in achieving other goals, such as muscle building or weight loss, much faster.



Dash 'n Crash

This facility will prove especially helpful for sprint athletes. The Dash 'n Crash area allows athletes to focus on



their speed, agility and quickness (SAQ). If they fail to come to a complete stop from their 'dash', there is foam cushioning to help smooth the 'crash'. When repeated, this exercise is extremely effective in increasing fitness levels.





Endermologie

This is a non-surgical, mechanical treatment method used to reduce the appearance of fat and cellulite. At Transfit, through Endermologie, we are able to increase available oxygen and nutrients, and trigger the body's normal process for fat elimination. Skilled, trained and certified therapists who have undergone a full training course in the practical and theoretical aspects of Endermologie administer this massage-like treatment.



Weight Loss

Our consultants are there to help you attain your desired weight loss. They achieve this through the design of a unique and ideal training routine that guarantees results, provided it is followed. In line with the ethos of Transfit, the training consists of aggressive workouts that combine new ideas and fitness techniques with good old hard work.

Ice-cold Towels

Ice-cold towels serve to relieve the muscles after a rigorous training session. The main reason why we stock ice-cold towels is because they provide surface cooling that constricts blood vessels, numbs painful areas, and helps relax



muscle spasms. Cold temperatures also reduce nerve transmission of painful symptoms and provide temporary relief.

Assessment

We offer a fitness assessment, which is a series of measurements and tests that help us determine your physical fitness. More importantly for Transfit, our monthly assessments serve as a great gauge for personal progress.

Free Workout

We firmly believe that our training experience speaks for itself, which is why we offer a free workout. If you feel that by following our training you will achieve optimal health and fitness, then feel free to extend your stay with a membership!

- Toning
- Strengthening
- Weight Loss
- Speed, Agility, Quickness (SAQ)
- Power
- Core Strengthening
- Endurance
- Sports Specific Strength & Conditioning
- Endermologie
- Supplements
- Hydrosport
- Assessment & Programme
- Group training
- Corporate wellness & kids fitness



Feeling Good.
Looking Good.

Results
Guaranteed.

transfit 
Ultimate fitness conditioning