



# TIGERFIT

## FUNCTIONAL FITNESS

### Welcome to the home of the Tigers!

You will find our den at 23 Aylesbury road, Oakdale, Bellville. which is where the work gets put in by all our tigers.

We believe that you don't get what you wish for, you get what you work for!

Before we go any further, please answer the following questions:

<b>1.What led you to our TigerFit Family in the first place?</b>	
<b>2.What frustrates you most about the fitness industry in general?</b>	
<b>3.What's your greatest challenge outside the gym?</b>	
<b>4.Our MISSION is to help you achieve YOUR goal(s), please list what they are so that we know how to help you reach them.</b>	
<b>5.Current Lifts:</b>	<b>1RM Deadlift 1RM Back Squat 1RM Front Squat 1RM Strict Press 1RM Push Press 1RM Push Jerk 1RM Split Jerk 1RM Power Snatch 1RM Squat Snatch 1RM Power Clean 1RM Squat Clean 1RM Clean &amp; Jerk</b>
<b>6.Gymnastics Goals:</b>	

We are a very goal-orientated gym, so please don't hesitate to set up a free goal consultation with one of our coaches so that they can help you achieve your goals and get started.

Coach Santa -082 072 8293

Coach Mossie-082 823 8003

We have a **R300 Sign-Up Fee**, which includes a Goal Consultation, Before Photos & InBody Assessment.

-Please confirm a Date and Time that will suit you best with your preferred coach.

All our classes are suitable for everyone from the high-level gymnast/rugby player to the mommy who hasn't trained in 15 years. Everyone who sets foot in the gym instantly becomes part of our family. Please download the Octiv App, and book your 1 Week Free Trial now.

### **What you will find at our gym:**

#### **Ice Pod sessions:**

R50

-Notify one of the coaches a day to 1 hour in advance

-Shower before getting in

-Walk with sandals to the pod

-E N J O Y!

#### **TanBed sessions:**

R50 – 20 minutes

R450 – 10 sessions

#### **Boxing:**

Contact Coach Mike for this

mdupreez1@yahoo.co.uk / 079 619 3446

#### **Extra Programming Weekly on Octiv:**

-HYROX

-Bodybuilding

-Aerobic Capacity

-Online (no equipment needed) / Holiday / Home Program

-Strength

#### **Stretch Room / Bag Room:**

So that you can stretch privately before and after class. All our memberships include unlimited access to pliability (stretching app) Reach out to one of the Coaches to send you the log in details and let's get swole and flexy to prevent injuries. This is also where you can put your personal belongings.

#### **Personal Training:**

Santa Mostert: 082 072 8293

Ruan (Mossie) Mostert: 082 823 8003

**We can't wait to Transform you !**

**HUMBLE, HUNGRY, DRIVEN**

