

GYM & STUDIO **@RIVER CLUB**

12 January 2026 - 28 February 2026
subject to change without notice

MEMBERSHIP PACKAGES



RIVER CLUB
St FRANCIS BAY

Monday - Friday : 6am - 7pm

Saturday, Sunday & Public Holidays : 7am - 5pm

Phone : 087 138 2327 / WhatsApp : 077 440 4553

Email : gym@riverclubsfb.co.za / www.riverclubsfb.co.za/gym



WORKOUT ZONE

- Free Weights
- Cardio Machines
- Circuit Stations



STUDIO ZONE

- Spinning
- Yoga
- Cross Training
- Sling Suspension
- Boot Camp

HOT / COLD ZONE

- Ice Bath
- Sauna



POOL ZONE

- Water Polo
- Swim Coaching
- Private Events



SINGLE ENTRY OPTIONS

WORKOUT ZONE

- All Hours **R160**
Per Person
- All Hours : Young Adult **R130**
(Age: 16 - 21) Per Young Adult
- Off Peak : Youth **R100**
(Age: 12 - 15) Per Youth
Must be supervised at all times, train between 10am - 3pm

STUDIO ZONE

- Single Class **R200**
Per Person

HOT & COLD ZONE

(Session Time = 30 Minutes)

- Nordic Room **R100**
ice bath & sauna Per Person
- 4 Seat Sauna **R200**
Per Session

POOL ZONE

- Daily Swimmer **R70**
Per Person
- Junior Swim Coaching **R150**
Includes Coaching & Pool Entry Per Junior
- Junior Water Polo Coaching **R200**
Junior Coaching : Thursday @ 5pm Per Junior

BUNDLES

WORKOUT ZONE

7 DAY BUNDLE

(to run 7 consecutive days)

- All Hours **R700**
Per Person
- All Hours : Young Adult **R560**
(Age: 16 - 21) Per Young Adult
- Off Peak : Youth **R450**
(Age: 12 - 15) Per Youth

Must be supervised at all times, train between 10am - 3pm

30 DAY BUNDLE

(to run 30 consecutive days)

- All Hours **R1300**
Per Person
- All Hours : Young Adult **R720**
(Age: 16 - 21) Per Young Adult
- Off-Peak Hours (Train between 10am to 3pm) **R785**
Per Person
- Off Peak : Youth **R575**
(Age: 12 - 15) Per Youth

Must be supervised at all times, train between 10am - 3pm

SESSION BUNDLE

- 5 Sessions **R700**
Per Person
- 10 Sessions **R1200**
Per Person

- No sharing of bundles & bundles are not transferble
- Bundle expires 3 months from date of purchase

BUNDLES

STUDIO ZONE

- 4 Classes **R740**
Per Person
 - 8 Classes **R1320**
Per Person
 - 12 Classes **R1680**
Per Person
- All class bookings are to be done via our Octiv App
 - "No Shows" or late cancellations will be charged for
 - Cancellation threshold = 12 hours prior to the start of a class

POOL ZONE

(to run 30 consecutive days)

- 30 Day Bundle **R700**
Per Swimmer
- Junior Swim Coaching **R600**
Full month payable in advance on or before the first coaching session of the month
Per Junior
- Junior Water Polo **R600**
Full month payable in advance on or before the first training session of the month
Per Junior

Only paid up players will be allowed access to the pool area before 5pm

- No sharing of bundles & bundles are not transferable
- Bundle expires 3 months from date of purchase



WORKOUT ZONE MEMBERSHIP

(12 month contract to be signed)

12 MONTH CONTRACT - SINGLE MEMBER INVOICED & PAID MONTHLY (EFT/CARD)

- All Hours **R1200**
Per Person
- Off-Peak Hours **R720**
Per Person
(Train between 10am to 3pm)

* Fees listed above are payable monthly via eft/card for a period of 12 months

*5% Upfront Payment Discount on annual payment

*A once-off joining fee of R150 will be charged with registration

*Free pool access excludes water polo, swim coaching and private events

*Pool water is not heated in winter

MEMBERSHIP BENEFITS

These benefits are only available to 12 month contract members

- Hot/Cold Zone 30% Discount
- Pool Zone Free Access
- Studio Zone 20% Discount
- Studio Zone 1 x Class/week*

*Applicable to "All Hours" Membership Only

WORKOUT ZONE

MEMBERSHIP

(12 month contract to be signed)

12 MONTH CONTRACT - SINGLE MEMBER

INVOICED & PAID MONTHLY (DEBIT ORDER OR CARD SUBSCRIPTION)

- All Hours **R1 000**
Per Person
 - All Hours : Young Adult **R700**
(Age: 16 - 21) Per Young Adult
 - Off-Peak Hours **R600**
(Train between 10am to 3pm) Per Person
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12 MONTH CONTRACT - FAMILY PACKAGE*

DEBIT ORDER OR CARD SUBSCRIPTION

- Main Member **R1 000**
Per Person
- Spouse **R900**
Per Person
- Youth (Age 12-15) **R500**
Per Youth
- Young Adult (Age 16-21) **R700**
Per Young Adult

*Family Packages are purchased at Reception

*Staggered discounts are applied for multiple children

*Young adults to be accompanied by an adult at all times

*Fees listed above are payable monthly via debit order for a period of 12 months

*5% Upfront Payment Discount on annual payment

*A once-off joining fee of R150 will be charged with registration

*Free pool access excludes water polo, swim coaching and private events

*Pool water is not heated in winter