



### Gym membership packages

	<b>Gym package</b>	<b>Total amount</b>	<b>Monthly amount</b>
	<b>Membership packages</b>		
1	Annual registration fee	R100,00	n/a
2	12 months' full access*	R2400,00	R200,00
3	12 months' off-peak access**	R1980,00	R165,00
4	24 months' full access*	R4440,00	R185,00
5	24 months' off-peak access**	R3600,00	R150,00
6	Two-week package	R250,00	n/a
7	Day users	R50,00	n/a
8	One month (no strings attached)	R255,00	R255,00
9	Standard exercise programme	R60,00	n/a
10	Six-month UFS student package***	R990,00	R165,00
	<b>Group classes</b>		
1	Group class – Insanity	R120,00	n/a
2	Group class – Pilates	R120,00	n/a
3	Group class – Spinning	R120,00	n/a
4	Group class – Cross training	R120,00	n/a
	<b>Evaluations</b>		
1	Orthopaedic evaluation	R400,00	n/a
2	Orthopaedic re-evaluation	R200,00	n/a
3	Metabolic evaluation (ECG)	R400,00	n/a
4	Body fat percentage evaluation	R100,00	n/a
5	Sport evaluation VO2Max	R400,00	n/a
6	Sport evaluation Cybex	R250,00	n/a
7	Sport evaluation Wingate	R250,00	n/a
8	Functional movement screen	R80,00	n/a
9	Sport-specific field test	R150,00	n/a
10	Conditioning evaluation	R150,00	n/a
	<b>Rehabilitation</b>		

1	Rehabilitation 3 times per week		R600,00
2	Rehabilitation 2 times per week		R500,00
3	Pensioners (unlimited access)		R170,00
4	Kinderkinetics per term	R200,00	n/a
5	Theraband per metre		Price available on request
6	Rehabilitation membership fee		R200,00
	<b>High-performance athletes</b>		
1	High-performance package		R150,00
	<b>Conditioning/Personal training****</b>		
1	Conditioning 3 times per week		R450,00
2	Conditioning 2 times per week		R380,00

**\*Full access:** Training hours on Mondays to Fridays from 05:30 to 19:30, and on Saturdays from 07:00 to 11:00.

**\*\*Off-peak access:** Training hours on Mondays to Fridays from 09:00 to 12:00, 14:00 to 16:00 and 18:00 to 19:30, and on Saturdays from 07:00 to 11:00.

**\*\*\*Six-month UFS student:** Limited to training hours on Mondays to Fridays from 09:00 to 15:00 and 18:00 to 19:30, and on Saturdays from 07:00 to 11:00.

**\*\*\*\*Conditioning/Personal training** is an additional service that can be supplied once an individual has joined as a member, and thus has paid the first month's membership fee of the chosen package (e.g. 12 months' full access).

### **Training hours for Kovsie gyms:**

A) Sport Science Centre:

Mondays and Wednesdays: 05:30\* – 19:30

Tuesdays and Thursdays: 07:00 – 19:30

Fridays: 05:30\* – 16:00

Saturdays: Closed

**Administration office hours:** Weekdays from 08:00 to 17:00

B) KovsieFit:

Weekdays: 05:30\* – 19:30

Saturdays: 7:00 – 11:00

**Administration office hours:** Weekdays from 08:00 to 17:00

C) Sport Science Lab/High-performance Gym (Kobus Caldo):

Weekdays: 05:30\* – 19:30

Saturdays: 07:00 – 11:00

**Administration office hours:** Weekdays from 08:00 to 17:00

\*During spring and summer (September to March) the opening time is 05:30, but during autumn and winter (April to August) the opening time is 06:00.

Contact details for Kovsie gyms:

A) Sport Science Centre:

Contact number: 051 401 2323

Physical address: Exercise and Sport Sciences, Mabaleng Building, University of the Free State

Postal address: Internal box 35, University of the Free State, PO Box 339, Bloemfontein, 9301

Email addresses:

1. General administration: [mpekokm@ufs.ac.za](mailto:mpekokm@ufs.ac.za)
2. Finance: [kgoererep@ufs.ac.za](mailto:kgoererep@ufs.ac.za)
3. Rehabilitation appointments: [sscappointments@ufs.ac.za](mailto:sscappointments@ufs.ac.za)

B) KovsieFit and High-performance Gym:

Contact number: 051 401 2580/7384

Physical address: Callie Human Building, University of the Free State

Postal address: Internal box 113, University of the Free State, PO Box 339, Bloemfontein, 9301

Email addresses:

1. General administration: [seloanea@ufs.ac.za](mailto:seloanea@ufs.ac.za)/[molotsanekc@ufs.ac.za](mailto:molotsanekc@ufs.ac.za)
2. Finance: [kgoererep@ufs.ac.za](mailto:kgoererep@ufs.ac.za)