



**POUND PACKAGES 2022**

**@MOVE.WITH.MICHELLE.SA**

**POUND<sup>®</sup>**

**ROCKOUT. WORKOUT.**

BOOK.



# POUND PACKAGES 2022



PAY.

## D/TROUBLE.

R150/2 people

1 Class

R75/class

Any Location

Ref: PFDT - Surname

## HIGH FIVE.

R400pp

5 Classes

R80/class

Any Location

Ref: PFHF - Surname

## TOP TEN.

R750pp

10 Classes

R75/class

Any Location

Ref: PFTT - Surname

## MONTH FIT.

R450/month

8 Classes/mo

R56/class

One Location

Ref: PFMF - Surname

## PARTY PLAN.

R350/month\*

8 Classes/mo

R44/class

One Locations

Ref: PFPP - Surname

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Single Class [45 Min Workout, 15 min Stretch] = R100pp | \*Package requires Min 3 month upfront payment  
Rainy days will be substituted with Zoom sessions | For home use: RipStix rented at R300/pair (R200 refund on return)  
For Team Events or Functions - Contact Michelle (082 88 55 120)

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## SANDTON.

24 Fredman Drive, Sandton  
Tues & Thurs @6pm

## BERARIO. (COMING SOON)

64 Donga Avenue, Berario  
Mon and Wed @4:30pm

## BOOKINGS.

Bookings Essential  
[www.mkphysio.care/poundfit](http://www.mkphysio.care/poundfit)