

**WELCOME TO**

**SHORE**



**SHAPE**

**STRENGTH | SCIENCE | SUSTAINIBILITY**

# PRICING AND PACKAGES

## SOLO SESSIONS (1 HOUR)

PAY PER SESSION **R 400**

### UPFRONT MONTHLY PACKAGES

- 1 SESSION A WEEK FOR 4 WEEKS **R 1520** (SAVE 5%)
- 2 SESSIONS A WEEK FOR 4 WEEKS **R 2960** (SAVE 7.5%)
- 3 SESSIONS A WEEK FOR 4 WEEKS **R 4320** (SAVE 10%)
- 4 SESSIONS A WEEK FOR 4 WEEKS **R 5600** (SAVE 12.5%)
- 5 SESSIONS A WEEK FOR 4 WEEKS **R 6800** (SAVE 15%)

## DUO SESSIONS (1 HOUR)

PAY PER SESSION **R 600** (R300 EACH)

## ONLINE CONSULTATION (30 MINS)

PAY PER SESSION **R 200**

EVERY **SHORE SHAPE** JOURNEY BEGINS WITH A COMPLIMENTARY INITIAL CONSULTATION IN ORDER TO ESTABLISH YOUR SPECIFIC MEDICAL BACKGROUND, INJURIES, NUTRITION, AND GOALS

# SIGN UP SHEET

FULL NAME (AS ON ID)

AGE

HEIGHT

SOUTH AFRICAN ID NUMBER (OR PASSPORT NUMBER)

PROVINCE

CITY

MOBILE NUMBER

ALT. MOBILE NUMBER

EMAIL ADDRESS

CURRENT GYM MEMBERSHIP? (IF YES, PLEASE SPECIFY WHERE)

PRIOR TRAINING, EXERCISE, SPORT EXPERIENCE? (IF YES, PLEASE SPECIFY)