

DEAR MEMBER,

We hope that this finds you fit and well, gyming and reaching your goals.



“BRING ON SUMMER”

If you have not managed to get in to the gym, you have zero motivation and your goals are even further— let us help you.....

Send in your before and after photos, along with your before and current weight and measurements to lisa@jacksgym.co.bw by the 10th December and our panel of experts will decide if you are the biggest loser. The winner will receive a fantastic 'health and wellness' hamper along with 3 months free membership at any Jack's GYM. T's and C's apply, judges' decision is final. Only members of Jack's GYM can compete. Assessments can be done in the gym or with your own Personal Trainer.



LET THE FUN BEGIN!!

TIPS ON GETTING STARTED...

- First things first, pack you gym bag and make a mental commitment to the gym
- Decide on a time and how many days you want to train, add an extra day as a 'bonus day'
- Write it on your planner or in your diary NOW.
- Book a Personal Trainer or join a group training session – classes are great, they push you in to it again without even thinking about it.
- If you miss a day – it doesn't matter, just go the next
- REMEMBER you will be stiff, don't not come to the gym, rather come and work it out.

'THE REWARDS ARE WORTH IT – WE GUARANTEE THAT'

GYM NEWS

ITOWERS: We have two great new classes on a Tuesday and Thursday morning. **BODY CONDITIONING** with Brock. For those of you who haven't tried this class, Brock is one of our top Instructors and guaranteed to get results. Come and try it out at 6.00am Tuesday and Thursday. OBI's cross fit class is still happening on Monday, Wednesday and Friday, and don't forget our Small Group Training sessions with Obi every Saturday at 9.15am – when your kids are in the FITKIDZ class. We try daily to get on top of maintenance issues, mainly the locker locks and four of the showers being out of order due to leakage. We apologize for this and hope to have these issues sorted out asap. We no longer have a monthly membership option, but the 'debit order' option is still in place. Please note that the pool is a restricted area at the moment due to construction of the building next door. It is a danger to you which is why we have temporarily closed this area. We are hoping by end of Sept all will be back to normal.



PHAKALANE: We are still waiting for our new equipment and generator to arrive – SOON! We have also been trying to install a JOJO tank, but due to complications with the connections in the building, this is taking time to sort out. APOLOGIES. We have a great new Yoga class every Sunday for the month of August, donations welcome.

A promotional graphic for 'Phakalane Yoga for Paws'. At the top left is the 'Jack's GYM HEALTH & FITNESS' logo with a red figure icon. To its right is a logo for the Botswana Society for the Prevention of Cruelty to Animals (B.S.P.C.A.) featuring a dog and a heart with a cross. The main text reads 'PHAKALANE "YOGA FOR PAWS"' in green. Below that, it says 'EVERY SUNDAY STARTING SEPTEMBER 6TH 2015 12.00pm – 1.00pm'. A larger green text block says 'JOIN ANANDI ON SUNDAYS THIS SEPTEMBER, FOR AN INVIGORATING YOGA CLASS! ALL AGES AND LEVELS OF YOGA ARE WELCOME!'. At the bottom, it says 'CASH DONATIONS ONLY - ALL PROCEEDS BENEFIT THE B.S.P.C.A.'. The background shows a person in a yoga pose on a grassy field.

GWEST: I am sure most of you have noticed a few changes to the Gwest gym over the past few weeks. Equipment has been moved around, benches painted and a few other things, I really hope you enjoy the new feel of the gym. Please give me any feedback as well as any ideas you might have. Ross has been away for most of the month of July but is now back with us 😊 We are planning a "bring on summer" aerobathon for Saturday the 29th of August so keep an eye out on the notice board for more information.

MOUNTAIN VIEW: We are on a count down to getting our power backup generator –Yepiiii! A very warm applause to the early birds for keeping up with their training this winter, well done you all! On that note, please remember that we have added one more morning class for your pleasure. See attached timetimetale for the current schedule. We are wanting to add more variety to your training and thus considering to slot in a Zumba class. Please fill our suggestion box with your day and time preferences so that we work on fitting this in.

VILLAGE: 22 AUGUST join us for a Boot Camp and Hi Lo session, watch the notice board. Please remember, no booking of bikes for spinning classes. It's a 'first come first served' basis. Our maintenance issues are mostly sorted, we replaced the shower heads with more robust ones so that they cannot be broken easily. The generator, although giving us some power, is not running at full steam, we still trying to rectify this.

Summer is coming so take advantage of our pool at Village Gym. If you would like to enquire about swimming lessons, please put your name down at the reception, once we have enough interested members, we can arrange a swimming coach to come in and take lessons.

Please remember that Instructors and floor custodians cannot be paid for personal training. If you would like to have a personal trainer, please ask at reception and we will give you their contact details.

GENERAL

- Please see our rates as of the 1st August. Re-joining fees have been increased to P75.00 now. This is to help stop our members expiring and not coming in to the gym. 'Member swapping' is not encouraged, we would rather have the new member join the gym, as well as keep the old member who wants to swop. There is now a fee of P200.00 for a member swop. Changing gyms means you need to upgrade from a Prestige member to a Premium member. There are no more monthly fees at I Towers;-
- Spinning bikes: Please make sure that before you start spinning that the yellow knob that controls the resistance of the bike is 'touching' the bike, i.e that you have some resistance at the beginning. If the knob is unwound too much and it has absolutely no resistance, it can damage the bikes. Please help us in taking care of our equipment.



STUDIO & POOL AREA RENTAL

Our studios and pools are available for rental at P250.00 per hour. You can also hire our venues i.e. the pool deck at I Towers for private functions. Contact the gym for a quote.



MEMBERSHIP FEES

	PRESTIGE	PREMIUM	MEGA
	Access to ONE gym (excluding Towers Gym)	Access to ALL gyms (excluding Towers Gym)	Access to ALL Towers and ALL gyms countrywide
ONCE OFF JOINING FEE	100.00	100.00	200.00
Direct Debit (x12 months)	300.00	350.00	450.00
Monthly	325.00	375.00	Not applicable
3 months	945.00	1,050.00	1,275.00
6 months	1,830.00	2,000.00	2,400.00
1 Year	3,300.00	3,785.00	4,500.00
2 Years	4,950.00	5,400.00	6,300.00

Prices subject to change without notice!

- CORPORATE AND GROUP DISCOUNTS - Please see Manager or email Lisa@jacksgym.co.bw
- PERSONAL TRAINERS - See manager for details

COME JOIN US AT;

TOWERS)	T: 3951248 / 71467502
PHAKALANE)	T: 3926723 / 75772628
VILLAGE)	T: 3905222 / 72205058
GABORONE WEST)	T: 3918625 / 77512842
MOUNTAIN VIEW)	T: 3905223 / 71321221
LANSMORE MASA SQUARE)	T: 72669880



Contact lisa@jacksgym.co.bw for group and corporate discounts.



THANK YOU

PLEASE EMAIL [LISA@JACKSGYM.CO.BW](mailto:lisa@jacksgym.co.bw) IF YOU HAVE ANY QUERIES