



FRAZZITTA BUSINESS PARK, MILNERTON

GET STARTED:

DROP INTO HUBA DURING STAFF HOURS OR SIMPLY CONTACT US TO SIGN UP AND START YOUR FITNESS JOURNEY.

TO MAKE YOUR EXPERIENCE AT HUBA FITNESS A GREAT ONE AN INTRODUCTORY SESSION IS ADVISED FOR MEMBERS WITH NO PRIOR FUNCTIONAL TRAINING EXPERIENCE.

HUBA FITNESS SOUTH AFRICA

Renegades, Rockstars, Legends, All Stars, Mavericks, Warriors, Heroes!
ARE YOU READY?! We dare to be different. We believe that fitness can be joyful, the way fitness was meant to be. Be a part of this sensational fitness club!! We cycle, we row, we jump, we lift, we move and we motivate you to be your best. Our training methods are filled with variety and the best part is that it is sustainable to form part of an active and healthy lifestyle. Our signature style functional training classes is indoor group training at it's best. With inspirational coaching, awesome members, rocking music and a killer full body workout this 45-minute class will transform the way you look and feel.
Huba doesn't just change bodies, it changes lives.

OUR WORKOUTS:

Our workouts are nothing short of sensational ...based on our *unique yearly cycle of genius workouts* you are guaranteed to experience your best year of training. HUBA is an innovative *training system* that has proven to change bodies, mindsets & lives. Our workouts are all designed by some of the best trainers and programmers in the South African Fitness industry.

HUBA is something that has to be experienced to believe it. To truly understand why our methods are so effective you have to experience the process. Not only do we provide you with the best training but we also show you what the Huba lifestyle is all about - balance in your life, make new friends and experience the camaraderie between our members that our brand is best known for.

OUR TECH STUFF:

Without getting to technical we strive to keep up with the latest technological support that will enhance and add extra value to your training and Huba experience.

- * Apps for Android and Iphone
- * Apps for (CRM) Client Relationship Management
- * Discovery Vitality Point Logging System
- * A plasma billboard screen that keeps you in the loop with what is happening inside and outside our facility
- * Big screen timers specific to the daily workout
- * Fresh beats to keep you going at your best
- * A massive archive of tried and tested workouts

HUBA DEVELOPED IT'S OWN UNIQUE STYLE AND METHOD OF TRAINING: OUR WAY OF TRAINING

It's all based on holistic and functional training that includes interval training, weight training, cardio training, bodyweight training, superb functional movements and the latest trends in the fitness industry that can add value to our system -

Our High Intensity & Functional Workouts combines both strength and conditioning within a group environment challenging your body and your mind. Training with our coaches and your friends creates the platform for you to push yourself that extra mile. We are motivated, we are innovative and we challenge you to push your own limits.

CLASS SCHEDULE:

MONDAY	5H30AM, 9H00AM	- 4H30PM, 5H30PM, 6H30PM
TUESDAY	6H00AM,	- 4H30PM, 5H30PM, 6H30PM
WEDNESDAY	5H30AM, 9H00AM	- 4H30PM, 5H30PM, 6H30PM
THURSDAY	6H00AM	- 4H30PM, 5H30PM, 6H30PM
FRIDAY	5H30AM, 9H00AM	- 4H30PM
SATURDAY	8H00AM, 9H00AM	

HUBA CONTRACTS & TRAINING PACKAGES:

➤ **6 & 12 MONTH MEMBERSHIPS**

UNLIMITED SESSIONS	PER WEEK	AT R830.00 PER MONTH
3 SESSIONS/WEEK	PER WEEK	AT R690.00 PER MONTH
2 SESSIONS/WEEK	PER WEEK	AT R550.00 PER MONTH

5 SESSION PACK	(VALID FOR 1 MONTH)	AT R450.00 PER PACK
10 SESSION PACK	(VALID FOR 2 MONTHS)	AT R850.00 PER PACK
20 SESSION PACK	(VALID FOR 3 MONTHS)	AT R1200.00 PER PACK

HUBA ALSO OFFERS THE FOLLOWING SERVICES:

- **Huba Personal Training**
- **Huba Corporate Training**
- **Huba Sports Therapy**
- **Huba Athlete Sports Conditioning and Sponsorship**
- **Changing Rooms and Showers available**

HUBA IS PROUD TO BE AFFILIATED & ASSOCIATED WITH THE FOLLOWING COMPANIES:



FOR ALL ENQUIRIES, ADDITIONAL INFORMATION AND SPECIAL REQUESTS PLEASE DON'T HESITATE TO CONTACT US.

**Contact us on:
info@hubafitness.co.za
021 551 8670**

**<http://www.hubafitness.co.za/>
<https://www.facebook.com/hubafitness/>
<https://www.instagram.com/hubafitness/>**