



Exercise Anywhere with Vitality Fitness Facilities

Exercise Anywhere with Vitality through Itensity, Octiv
and facilities that have a Vitality linked iPad.

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
Eastern Cape						
Eastern Cape	CrossFit / Functional Training	The Fitness Box with CrossFit Grahamstown	6701 Rautenbach Road, Grahamstown, 6139	076 996 7526	rosethornycroft@gmail.com	Activ
Eastern Cape	CrossFit / Functional Training	CrossFit East London	Motor City, Unit 3 Aloe Industrial Park, Bonza Bay Rd, East London, 5205	073 610 6139 / 083 375 5022	carl@crossfiteastlondon.co.za; duane@crossfiteastlondon.co.za	Activ
Eastern Cape	CrossFit / Functional Training	CrossFit Valley Road	16 Brickmakers Kloof Rd, South End, Gqeberha, 6001	078 282 3318	jarryd@crossfitvalleyroad.co.za	Activ
Eastern Cape	Functional Training	Edge Fitness Clubs Walmer	Moffett on Main Lifestyle Centre, Cnr Main & William Moffett, Walmer Park, PE 6000	041 008 5066 / 083 408 0222	grant.austin@edgefit.club; marketing@edgefitness.co.za	Activ
Eastern Cape	Functional Training	Edge Fitness Clubs Walker Drive	Site 52 B, Cnr Walker Drive & Kabega Rd, Kamma Ridge, Gqeberha, 6025	041 008 5017 / 083 408 0222	grant.austin@edgefit.club; marketing@edgefitness.co.za	Activ
Eastern Cape	Functional Training	Edge Fitness Clubs Jeffreys Bay	Shop G51 Cnr R102 & St Francis Street, Fountains Mall, Jeffreysbay 6330	042 293 1342 / 083 408 0222	grant.austin@edgefit.club; marketing@edgefitness.co.za	Activ
Eastern Cape	Functional Training	Edge Fitness Clubs Gonubie	Kings Mall, Main Road, Gonubie, East London, 5257	041 008 5066 / 083 408 0222	grant.austin@edgefit.club; sylvia.trigg@edgefit.club; marketing@edgefitness.co.za	Activ

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Eastern Cape	Functional Training	Fit & Functional Personal Training Studio	39 Beach Road, Nahoon, East London, 5241	082 851 6347	info@fitandfunctional.studio	Octiv
Eastern Cape	Functional Training	Edge Fitness Clubs Beacon Bay	80 Bonza Bay Road, Beacon Bay North, East London, 5241	083 408 0222 / 043 008 5029	grant.austin@edgefit.club; marketing@edgefitness.co.za	Octiv
Eastern Cape	Functional Training	Valley Crag	16 Lower Valley Road, Baakens Valley, Port Elizabeth, 6001	082 576 4623	valleycrag@gmail.com	Itensity
Free State						
Free State	CrossFit	Crossfit Resuelto	22 Faan Ferreira Ave, Spitskop Small Holdings, Bloemfontein, 9300	073 168 0244	crossfitresuelto@gmail.com	Itensity
Free State	CrossFit	CrossFit Hymn	13 GA Watermeyer Langenhoven Park, Bloemfontein 9301	072 308 9152	info.crossfithymn@gmail.com	Octiv
Free State	CrossFit	CrossFit Forged	1 Brandberg Street, Vaalpark, Sasolburg, 1947	084 842 4793	danelle@cfforged.com	Octiv
Free State	Functional Training	Tenaciti Fitness	Maluti Square, Oxford Street, Eureka, Bethlehem, 9701	076 173 8747	tenacitifitness4@gmail.com	Octiv

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Northern Cape						
Northern Cape	CrossFit & Functional Training	Die Gemsbok Sport Instituut	4 Olienhoutrylaan, Orania, 8752	072 453 5577	Hendri.lab@gmail.com	Itensity
Gauteng						
Gauteng	CrossFit	CrossFit Jozi	16, Sunview Shopping Centre, Unit 8 &, 7 N Reef Rd, Bedfordview, Germiston, 1401	087 820 0783	sean@cfjllifestylefitness.co.za	iPad
Gauteng	Functional Training	360 Health & Fitness Centre	33 Street, Christopher Road, Quality House Office Park U7, St Andrews/senderwood, Johannesburg, 2007	082 825 4605	360healthfitness101@gmail.com	iPad
Gauteng	Functional Training	SWEAT 1000 BluBird	Sweat1000, Blubird Mall, Corner of Fort and Atholl Oakland Road, Birnam, Johannesburg, 2192	011 440 6484	blubird@sweat1000.com	iPad
Gauteng	Functional Training	Gym Jungle	453 Jan Smuts Ave, Blairstown, Randburg, 2194	079 161 1742	baker.daniella@gmail.com	iPad
Gauteng	Functional Training	Friends and Allies	Made in workshop, 10 Naaf Street, Strydompark, Johannesburg, 2169	082 565 0269	info@friendsandallies.co.za	iPad

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Gauteng	CrossFit	Crossfit Tijger Valley	Crossfit Tijger Valley, Shop 1a, 1b and 2 Northern Lofts at Silver Oaks Shopping Centre, Corner of Von Backstorm Boulevard and Willow Acres Estate. 0081	073 453 7386	info@cftv.co.za	iPad
Gauteng	Functional Training	Total Ninja Northgate	Northgate Mall, Northumberland Avenue, Northgate, 2194	010 630 0612	ng@totalninja.co.za	iPad
Gauteng	Functional Training	Total Ninja Stoneridge	Stoneridge Centre, Hereford Road, Edenvale, Johannesburg, 1609	010 630 0611	sr@totalninja.co.za	iPad
Gauteng	Functional Training	Total Ninja Stoneridge	Stoneridge Centre, Hereford Road, Edenvale, Johannesburg, 1609	010 630 0611	sr@totalninja.co.za	iPad
Gauteng	Functional Training	Rush Extreme Sports JHB	Corner of van Riebeeck and Modderfontein Road, Greenstone Hill, Johannesburg, 1616	021 683 3841	deonysius@rushextreme.co.za	iPad
Gauteng	Crossfit Training	Urban Shack Benoni	Old Ben's, Corner of President Brand and President Bosshoff road, Rynfield, Benoni	062 283 8863	info@urbanshackbenoni.africa	Octiv
Gauteng	CrossFit / Functional Training	Willow Way CrossFit Brooklyn	75 Totius Street, Pretoria, 0027	073 407 6227 / 072 149 5612	info@wwcf.co.za	Octiv
Gauteng	CrossFit / Functional Training	Willow Way CrossFit Lynwood	Shop 25, Willow Way Centre, 404 Lynwood Road, Die Wilgers, Pretoria, 0041	073 407 6227 / 072 149 5612	info@wwcf.co.za	Octiv

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Gauteng	Functional Training	The Yard Athletic	Corner of William Nicol and Leslie, Fourways, Johannesburg, 2191	084 442 0775	scott@theyardathletic.com	Oktiv
Gauteng	CrossFit / Functional Training	6th Element CrossFit	2 Magda Rd, Highveld Techno Park, Centurion, 0169	079 497 1469	mj@6thelementcrossfit.com	Oktiv
Gauteng	CrossFit / Functional Training	Road To Fitness (RTF) Strength and Conditioning	Cnr of Atterbury & Lynnwood Rd, Menlo Park, Pretoria, 0081	071 474 6523	branco@rtfservices.co.za; lorinda@rtfservices.co.za	Oktiv
Gauteng	CrossFit / Functional Training	Ghetto CrossFit	15, The Terminal Life & Style Centre, Trichardt Road & Dr. Vosloo, Bartlett, Boksburg, 1459	083 632 1115	info@ghettocrossfit.com	Oktiv
Gauteng	CrossFit / Functional Training	CrossFit Kempton	14 Dann Rd, Kempton Park AH, Kempton Park, 1619	074 603 8309	matthew@crossfitkempton.com	Oktiv
Gauteng	Functional Training	CIT Performance Institute	Hatfiled Corner, 1270 Stanza Bopape St, Colbyn, Pretoria, 0083	084 442 0775 / 084 830 8217	scott@citpi.co.za	Oktiv
Gauteng	CrossFit / Functional Training	CrossFit Taniwha	Glen Village North Shopping Centre Corner of Solomon Mahlangu and, Olympus Dr, Faerie Glen, Pretoria, 0081	083 254 2154	info@crossfittaniwha.com	Oktiv
Gauteng	CrossFit / Functional Training	Against The Grain	Hoërskool Randburg, Corner of Malibongwe Road & Rabie Street, Randburg, 2194	079 498 9231	info@atgfitness.co.za	Oktiv

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Gauteng	CrossFit / Functional Training	Pack Life -CrossFit Sandton	Corner 11th and Olympia Avenue, Parkmore, Sandton, 2196	067 049 0073	sean@packlife.co.za	Octiv
Gauteng	CrossFit / Functional Training	Pack Life -CrossFit Wanderers	The Wanderers Club, 21 North Street, Illovo, Johannesburg, 2194	067 049 0073	sean@packlife.co.za	Octiv
Gauteng	CrossFit / Functional Training	CrossFit Kaboom	44 The Avenue, Norwood, Johannesburg, 2192	083 602 5220	info@crossfitkaboom.com	Octiv
Gauteng	CrossFit / Functional Training	Northcliff CrossFit	Beyers Naudé Dr &, Pendorong Rd, Blackheath, Johannesburg, 2195	081 816 1433 / 082 781 7121 / 072 191 3115	info@northcliffcrossfit.com	Octiv
Gauteng	CrossFit / Functional Training	CrossFit 360 Vida	Unit 5 Valley View Centre, cnr Campbell & Elm Street, Craigavon, Fourways, 2055	084 449 5009	darren@cf360v.com	Octiv
Gauteng	CrossFit / Functional Training	CrossFit Durabo	33 View Point Rd, Bartlett AH, Boksburg, 1459	076 935 8395 / 082 990 4124 / 079 073 8893	info@crossfitdurabo.com	Octiv
Gauteng	Functional Training/ Boot Camp	Ground Zero Obstacle Park	101 Swartkoppies Street, Alberton, Johannesburg South, 1448	082 817 4907	info@groundzeropark.co.za	Octiv
Gauteng	Functional Training	cRESULTS Digital Fitness Boxing	Cnr Main Road and, Posthouse St, Bryanston, Sandton, 2191	082 377 5539	alan@cresults.co.za	Octiv

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Gauteng	CrossFit / Functional Training	CrossFit Uhuru	1297 John Vorster Dr, Southdowns, Centurion, 1683	072 777 5577	members@crossfituhuru.com	Oktiv
Gauteng	Functional Training	Prime Functional Fitness	Rietvlei Zoo Farm, 101 Swartkoppies Road, Alberton, Johannesburg, 1739	072 104 7916 / 082 921 5504	info@primefit.co.za	Oktiv
Gauteng	Functional Training	Pure Fitness	Edenvale High School, Linksfild Road, Edenvale, 1609	071 4839297	SNunes@edenvalehigh.co.za	Oktiv
Gauteng	Functional Training	La Como Fitness Club	25 Heron Street, Parkhaven, Boksburg, 1465	011 979 7091 / 082 460 6683	info@la-comofitnessclub.co.za ; tommy@la-comofitnessclub.co.za	Oktiv
Gauteng	Functional Training	NuHuman Transformation Clinic Silverlakes	4 Graham Road, In Shere Complex, Silverlakes, Pretoria, Gauteng, 0083	082 302 6286 / 066 104 7271	nicole@nuhuman.co.za	Oktiv
Gauteng	Functional Training	NuHuman Transformation Clinic Brooklyn (PTY) Ltd	220 Lynnwood Rd, Brooklyn, Pretoria, 0083	082 302 6286 / 082 805 1007	nicole@nuhuman.co.za	Oktiv
Gauteng	Functional Training	NuHuman Transformation Clinic Olympus Village	Shop No: 37, Olympus Village, Olympus Dr, Olympus AH, Pretoria, 0081	082 522 5228	nicole@nuhuman.co.za; nico@nuhuman.co.za	Oktiv
Gauteng	Functional Training	Samson Fitness	Meadowbrook Business Estate, Jacaranda Ave, Olivedale, Randburg, 2188	079 752 3124	info@samsonfc.co.za	Oktiv

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Gauteng	Functional Training	Fun-X-tional Fitness	120 Edison Cres, Hennospark, Centurion, 0157	072 626 2510	leroy.saunders2@gmail.com; info@funxtionalfitness.co.za	Activ
Gauteng	CrossFit / Functional Training	4 Elements Crossfit 122 Club Street	Huddle Park Golf & Recreation, 27 Club St, Linksfield, Gauteng,	078 810 9070	4elementscrossfit@gmail.com	Activ
Gauteng	Functional Training	Train Station (Midstream)	Suite 001 Midstream Ridge Sports centre, Midstream Estates, Ekurhuleni, 1692	082 782 3836	bruce@midrand- estates.co.za	Activ
Gauteng	Functional Training	The Pit Fitness Lab	Unit 23, Blue Drop Business Park, 105 E.P. Malan St, Pomona AH, Kempton Park, 1619	083 228 6812	sonyacarrack24@gmail.com	Activ
Gauteng	Functional Training	Fit24 Gym Northview	Malibongwe Dr, Northriding, Randburg, 2162	066 285 7621 / 083 277 2821	dirk@fit24gyms.co.za; ggm@fit24gyms.co.za	Activ
Gauteng	CrossFit / Functional Training	CrossFit Rise and Grind (RaG)	3 Pienaar St, Selection Park, Springs, 1559	082 928 3985	info@crossfitrag.co.za	Activ
Gauteng	Functional Training	CrossFit Alberton 2.0	27 Louis Trichardt St, Alberton, 1450	082 813 2503 / 011 907 0581	angie@crossfitalberton.co.za	Activ
Gauteng	Functional Training	Elevate Fitness	Soho Square, 50 Grant Ave, Norwood, Johannesburg, 2192	060 965 8028	bradtooley1@gmail.com	Activ

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Gauteng	Functional Training	Africa Padel German Country Club	German Country Club, 131 Holkam Road, Paulshof, Johannesburg	072 583 0655	ruben@africapadel.com	Activ
Gauteng	Functional Training/ Gym	WorkoutZone	110 Edward Ave, Hennospark, Centurion, 0157	082 642 5409	meg.booyens@gmail.com	Activ
Gauteng	Functional Training	Willow Way CrossFit Centurion	270 Witch-Hazel Street Eco Boulevard Convenience Centre, Shop 22, Eco-Park Estate, Centurion, 0157	082 303 0857	daniel@wwcf.co.za	Activ
Gauteng	Functional Training	Linbro Fitness Park	German Country Club, 131 Holkam Road, Paulshof, Johannesburg	064 555 4077	michelle@linbrofitnesspark.co.za	Activ
Gauteng	CrossFit / Functional Training	Barbell 1610	6B Engwena St, Sebenza, Edenvale, 1610	071 604 8603	chantelle@cf1610.co.za	Activ
Gauteng	CrossFit	Greenside CrossFit at Pirates Sports Club	25 Braeside Rd, Greenside, Johannesburg, 2034	083 407 4110	chris@greensidecrossfit.co.za	Activ
Gauteng	Functional Training	Aktiv60 Fitness Center (Umthunzi Valley Gym)	24 Walton Ave, Carlswald, Midrand, 1684	061 166 2265	tyy@aktiv60.co.za	Activ
Gauteng	CrossFit	CrossFit Pretoria North	390 Braam Pretorius St, Magalieskruin, Pretoria, 0150	082 562 8850 / 072 213 5408	jurgens@crossfitpretoria.com	Activ

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Gauteng	CrossFit	CrossFit Pretoria	77 Lys Street, Rietondale, Pretoria, 0084	072 213 5408	chad@crossfitpretoria.co.za	Activ
Gauteng	Functional Training	Ivory Functional Fitness	12 Worsboom Street, Weltevredenpark, Roodepoort, Gauteng, 1709	082 465 9511 / 073 577 7491 / 083 381 2654	regmarkmitch@gmail.com; Krugerrohan@yahoo.com	Activ
Gauteng	CrossFit / Functional Training	Fitness Ex Animo (Pty) Ltd	Shop 21a, The Valley Centre, 396 Jan Smuts Ave, Craighall, Sandton, 2191	082 404 6016	admin@crossfitexanimo.co.za; bronwyn@crossfitexanimo.co.za	Activ
Gauteng	CrossFit	Willow Way Atterbury (Pty) Ltd	Corner of Causeway and Atterbury Road, Faerie Glen, Pretoria, 0081	076 191 8004	stephan@wwcf.co.za	Activ
Gauteng	Functional Training	The DunGym (PTY) LTD	60 Glenwood Road, Ground Floor, The Aviary Building Lynnwood Glen, Pretoria, 0081	068 076 9993	thedungymbf@gmail.com	Activ
Gauteng	Functional Training	FitRanX	Rivonia Health and Wellness Centre, Corner of 10th Avenue and Rivonia, 2196	072 346 8938	robertf69@gmail.com	Activ
Gauteng	Functional Fitness	Willow Way Morning Glen	Shop 74, Morning Glen Mall, Corner Kelvin Drive and Bowling Avenue, Gallo Manor, Johannesburg, 2052	083 664 6850	claudio@willowwayfitness.co.za	Activ
Gauteng	Gym / Functional Training	F45 South Downs Centurion	Highveld Shopping Centre, 8 Logan Avenue, Highveld, Centurion, 0157	066 220 3488	cvandermerwe@f45training.co.za	Activ

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Gauteng	CrossFit	CrossFit 360Vida	Design Quarter, Corner of William Nicol and Leslie Avenue, Magliessig, Sandton, 2067	062 687 3821	lara@360vida.com	Activ
Gauteng	CrossFit	CrossFit Rising Oak	Broadacres Shopping Centre, Cedar Road and Valley Road, Broadacres, Johannesburg, 2055	084 449 5009	darren@crossfitrisingoak.co.za	Activ
Gauteng	CrossFit	CrossFit Urban Shack Randburg	Northview Shopping Centre, Corner of Malibongwe and Olievenhout, Northriding, Randburg, 2162	072 547 6718	jaco@usrfitness.co.za	Activ
Gauteng	Functional Training	Movement Wellness & Health	56 Platina Street Jukskei Park, Randburg, Johannesburg, 2188	081 563 3504	mdu@faatrainig.co.za	Activ
Gauteng	Functional Training	Fitcube SA	Blue Drop Business Park, 105 EP Malan Road, Pomona, Kempton Park, 1618	068 834 1465	fitcubesa1@gmail.com	Activ
Gauteng	CrossFit	RTF CrossFit Krugersdorp	Central Lake Factory Park, Louis Friedman Street, Factoria, Krugersdorp, 1740	076 308 7881	wrbrits@gmail.com	Activ
Gauteng	CrossFit	CTG CrossFit	18B, Design and Decore Centre, Fourways, Johannesburg, 2194	079 311 9123	info@ctgcrossfit.co.za	Activ
Gauteng	CrossFit	CrossFit Kyalami	1 Moonriver Investment Park, River Road, Barbeque Downs, Midrand, 1684	078 296 2142	info@crossfitkyalami.co.za	Activ

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Gauteng	CrossFit / Functional Training	ATG Fitness Bryanston	Hobart Grove Center, 52 Hobart Road, Bryanston, Sandton, 2191	079 899 1289	karate@atgfitness.co.za	Oktiv
Gauteng	CrossFit / Functional Training	Pack Life Studio - Steyn City	113/114 City Centre Piazza, Steyn City, 8 Central Lane, Riverglen, Midrand, 2191	082 871 8196	info@packlife.co.za	Oktiv
Gauteng	CrossFit / Functional Training	Willow Way Kempton	Shop 24, Olive Wood Livestyle Centre, 300 Grosvenor Street, Witfontein, Kempton Park, 1619	083 717 3618	marius@willowwayfitness.co.za	Oktiv
Gauteng	CrossFit	MK Fitness	The Ridge Shopping Centre, Corner Paul Kruger &, Mozart Rd, Randpark Ridge, Roodepoort, 2169	064 538 6375	info@mkfitness.co.za	Oktiv
Gauteng	Functional Fitness	TopGun Fitness	7A Terrace Road, Edenvale, Eastleigh, Randburg, 2194	078 810 9070	trevorcb@live.co.za	Oktiv
Gauteng	CrossFit	WaYa Fitness	Hole In One Avenue, Ruimsig, Krugersdorp, 1739	078 754 2329	connect@waya.fitness	Oktiv
Gauteng	Functional Training	CrossFit Noise (Pty) Ltd	157 Denne Road Witpoort, Brakpan, 1540	082 519 3727	info@crossfitnoise1540.co.za	Oktiv
Gauteng	CrossFit	TopGun Fitness South Wing	Shop 8, Bazinga on Penzance, 14 Penzance Street, New Redruth, Alberton, 1449	082 298 1895	verissimoalex15@gmail.com	Oktiv

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Gauteng	CrossFit	Urban Shack Unite - Benoni	170-172 President Brand Road, Rynfield, Benoni, 1514	073 548 7496	phambili88@gmail.com	Oktiv
Gauteng	Functional Training	Infinite Experience	72 Greenfield Road, Greenside, Johannesburg, 2193	071 874 9952	bhavin@infiniteexperience.co.za	Oktiv
Gauteng	Functional Training	Fitness In Motion With Nyome	92 Merrow Down Plaza, 2 Troupant Avenue, Magaliessig, Johannesburg, 2091	078 362 2083	info@fitnessinmotion.co.za	Oktiv
Gauteng	Functional Training	Vanguard Fitness Hub	106 14th Avenue, Fairland, Johannesburg, 2170	083 389 3033	vanguardfitnesshub@gmail.com	Oktiv
Gauteng	Functional Training	Infinite Studio	111 Smit Street, Fairland, Johannesburg, 2030	082 718 6546	info@chantescorner.co.za	Oktiv
Gauteng	Functional Training	Dayo Fitness Establishment	Corner of Ixia and Jasmin Road, Milnerton, Cape Town, 7441	064 652 8690	info@dayo.co.za	Itensity
KwaZulu-Natal						
KwaZulu-Natal	Functional Training	Blast Fitness and Cycling Studio	Shop 9 and 10, Flanders Mall, 14 Flanders Drive, 4320	083 456 0138	sarah.collin@icloud.com	iPad

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KwaZulu-Natal	Functional Training	Fox Fitness Gym	Shongweni Club, Corner Cliffdale and, Kassier Rd, Pinetown Rural, Outer West Durban, 3610	083 778 0830	kirsty@foxfitness.co.za	Activ
KwaZulu-Natal	CrossFit / Functional Training	CrossFit Shumba	11a Glen Anil St, Glen Anil, Durban North, 4051	082 544 8190	russ@crossfitshumba.co.za	Activ
KwaZulu-Natal	CrossFit / Functional Training	CrossFit Ballito	WOW Park, 2 Gourly Road, park South, Dolphin Coast, 4399	081 716 5540	hello@crossfitballito.co.za	Activ
KwaZulu-Natal	Functional Training	IMF High Performance Centre - Stanger	64 Manor Drive, Stanger Manor, KwaDukuza, 4450	079 013 7712	dswigz@gmail.com; dwain@imovefitness.co.za	Activ
KwaZulu-Natal	CrossFit / Functional Training	CrossFit Zulu (Club One IMF)	First Floor Linc Church, Umhlali, Tongaat, 4390	079 013 7712 / 082 471 9323	craig@imovefitness.co.za; dwain@imovefitness.co.za; info@imovefitness.co.za	Activ
KwaZulu-Natal	Functional Training	Fit24 Ballito	1 Ballito Dr, Ballito, Dolphin Coast, 4422	064 889 0249 /083 277 2821	ggm@fit24gyms.co.za; rom@fit24gyms.co.za	Activ
KwaZulu-Natal	Functional Training	Crossover Lifestyle	Shop ST302 90 William Campbell Drive, La Lucia, 4052	073 570 4722	andy@crossoversa.co.za	Activ
KwaZulu-Natal	Functional Training	FITPOD @ The Studios	Lifestyle Centre, Dolphin Coast, 4420	082 788 8840	fitpod@ballitolifestylecentre.co.za	Activ

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KwaZulu-Natal	Functional Fitness	ST15	Mount Edgecombe Country Club, Gate 2, 1 Golf Course Drive Golf Course Drive, Mount Edgecombe, Durban, 4300	083 799 0702	jrterblanche@mweb.co.za; stefan@st15.co.za	Activ
KwaZulu-Natal	Functional Training	The Yard Fitness Centre	10 Blessing Ninela Road , Hillcrest, Durban, 3610	072 984 8762	theyard031@gmail.com	Activ
Limpopo						
Limpopo	Functional Training	Junkies4Fitness	Janssens Street, Phalaborwa, 1390	079 495 7537	wayne@junkies4fitness.co.za	Activ
North West						
North West	CrossFit	CrossFit Rustenburg	11 Kloof Road, Rustenburg, 0323	082 825 9500	admin@nextlevelfitness.co.za	iPad
North West	CrossFit / Functional Training	CrossFit Ground Zero	R53 Parys Road Kleinplaas Industrial, Grimbeeck Park, Potchefstroom, 2531	079 074 5761	ryno@blackopsfitness.co.za	Activ
North West	CrossFit / Functional Training	CrossFit Black Ops	10 Spruit Street, Potchefstroom, 2531	082 872 4362	bronwen@blackopsfitness.co.za	Activ

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North West	CrossFit	CrossFit Bounty	319A, Tigerfish Avenue, Waterval East, Rustenburg, 2999	082 694 6556	jakkiehoman@gmail.com	Oktiv
North West	CrossFit	1040 CrossFit	3 Esselen St, Potchefstroom, 2520	076 262 9987	1040crossfit@gmail.com	Oktiv
North West	Gym	Reform Fitness	Shop 20, Canal Crossing, 7 Parys Avenue, Baillie Park, 2531	071 677 6989	info@cx-fitness.co.za	Intensity
Mpumalanga						
Mpumalanga	CrossFit	IRA HPC Sentrum / CrossFit IRA	17 Brink street, Ermelo, Mpumalanga, 2351	010 900 2505	pieterse.cornel@gmail.com; hardiety@iafrica.com	iPad
Mpumalanga	CrossFit	CrossFit Artaxes (Xgrit)	HTS Middelburg, Cnr of Samora Machel and Zuid Street, Middelburg, Mpumalanga	084 580 8164	info@crossfitartaxes.co.za	Oktiv
Mpumalanga	CrossFit	CrossFit BarWolf	CrossFit BarWolf, Shop 311, Greenpoint Centre, Klipfontein, Witbank, 1034	079 893 9337	juanjcb@gmail.com	Oktiv
Mpumalanga	Functional Training	The Fitness Studio White River	46 Kiaat Road, Kingsview, White River, Mpumalanga, 1240	074 352 8144	shonah@thefitnessstudio.co.za	Oktiv

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Mpumalanga	Functional Training	Fitness4U t/a Body Beasts Gym	39A Voortrekker St, Spar Complex, Lydenburg, Mpumalanga, 1120	064 652 9245	chris@verseker.co.za	Oktiv
Mpumalanga	CrossFit / Functional Training	Willow Way Middelburg	10B Samora Machel, Groenkol, Middelburg, 1050	082 809 1406	lafras@willowwayfitness.co.za	Oktiv
Mpumalanga	CrossFit	Mercury Crossfit	1 OK Centre, C/O Steenkamp and OR Tambo Street, Klipfontein, Witbank, 1035	082 611 7354	mercurycrossfitza@gmail.com	Oktiv
Mpumalanga	Functional Training	Ri-Shape Gym	Terra Nova Village Mall, Terra Nova Road, Trichardt, Secunda, 2300	079 887 6977	accounts@ri-shape.co.za	Oktiv
Western Cape						
Western Cape	Functional Training	SWEAT 1000 Sea Point	Sweat 1000, 3rd Floor, The Point, 76 Regent Road, Sea Point, Cape Town, 8005	021 439 9903	info@sweat1000.com	iPad
Western Cape	Functional Training / Personal Trainer	Wellness Fusion	94 Mitchell Street, George Central, George, 6529	060 685 4477	debbie@wellnessfusion.co.za	iPad
Western Cape	Functional Fitness	Total Ninja Black River Park	Total Ninja, Black River Park South Park, 2 Fir Street, Observatory, Cape Town, 7925	021 745 3089	brp@totalninja.co.za	iPad

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Western Cape	Functional Training	Rush Extreme Sports CPT	25 Stegman Road, Claremont, Cape Town, 7708	021 683 3841	richard@rushextreme.co.za	iPad
Western Cape	Functional Training	FitBox Durbanville	39 Church St, Durbanville, Cape Town, 7550	084 660 9334	admin@fitboxdurbanville.co.za	Activ
Western Cape	CrossFit / Functional Training	CrossFit Hout Bay	140 Main Road, Scott Estate, Cape Town, 7806	083 233 2840	josh@crossfithoutbay.co.za	Activ
Western Cape	Functional Training	FitBox Durbell	Welgemoed Primary, Jip De Jager Dr, Welgemoed, Cape Town, 7530	078 621 7812	garth@fitboxdurbell.co.za	Activ
Western Cape	CrossFit / Functional Training	Diep River CrossFit	Vagabond Business Park, 10- 12 Estmil Rd, Diep River, Cape Town, 7800	079 718 6304 / 084 223 8279	info@dieprivercrossfit.co.za	Activ
Western Cape	CrossFit / Functional Training	CrossFit Plett	CrossFit Plett, Shop DU 08, Upper Level, The Market Square Shopping Center, Beacon Way, Plettenberg Bay, 6600	076 612 5335 / 044 533 0155	members@crossfitplett.com	Activ
Western Cape	CrossFit / Functional Training	CrossFit Impi	101 Garfield Rd, Claremont, Cape Town, 7708	083 633 2160 / 083 760 6902	info@crossfitimpi.com	Activ
Western Cape	Functional Training	Eden Fitness	5 Lofty Nel Street, Voorbay, Mossel Bay, Western Cape, 6520	083 777 3127	rubenburger31@gmail.com	Activ

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Western Cape	Functional Training	Roark Gym	47 De Villiers St, Zonnebloem, Cape Town, 8000	072 340 2081	frik@roarkgyms.com	Oktiv
Western Cape	CrossFit / Functional Training	CrossFit False Bay	1 Futura Park, Corner Of Celie Road & Bark Street, Southern Suburbs, Cape Town, 7945	083 389 2312 / 021 701 5267	nico@crossfitfalsebay.co.za	Oktiv
Western Cape	CrossFit / Functional Training	Cape CrossFit Gardens	2 Roodehek St, Gardens, Cape Town, 8001	021 461 0243 / 071 962 5435	sasha@capecrossfit.com	Oktiv
Western Cape	CrossFit / Functional Training	Cape CrossFit Southern Suburbs	44 Main Rd, Claremont, Cape Town, 7708	021 461 0243 / 071 962 5435	sasha@capecrossfit.com	Oktiv
Western Cape	CrossFit / Functional Training	Cape Crossfit Century City	CrossFit, 6a Edison Way, Century City, Cape Town, 7446	021 461 0243 / 071 962 5435	sasha@capecrossfit.com	Oktiv
Western Cape	Functional Training	FitLife The Yard	Val de Vie, Paarl, 7624	082 908 6007	theyard@fitlifetraining.co.za	Oktiv
Western Cape	Functional Training	FitLife Paarl	Corner of Concordia and Alleman Street, Southern Paarl, 7624	076 577 4209	paarl@fitlifetraining.co.za	Oktiv
Western Cape	CrossFit	The Bloc	Unit 1 Eclipse Park, Village Walk, Parklands, 7441	083 680 8288	matt@thebloc.co.za	Oktiv

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Western Cape	CrossFit	CrossFit Blue Sky	Corner of De Bron & Fairtree Roads, Brackenfell, Cape Town, 7561	083 273 5863 / 021 982 5863	charl@cfbluesky.co.za	Oktiv
Western Cape	CrossFit	CrossFit Fuel Your Fire	22 Longship Drive, Plettenberg Bay, 6600	083 415 5558	info@fuelyourfire.co.za	Oktiv
Western Cape	Functional Training	Van Velden Biokinetics	Cnr. Allof Dve & Marsh St, Mossel Bay, 6506	044 004 0306 / 072 435 8462	elsabiokinetika@gmail.com	Oktiv
Western Cape	CrossFit	CrossFit George	102c, 72 York St, George Central, George, 6530	044 873 2134	info@crossfitgeorge.co.za	Oktiv
Western Cape	Functional Training	FitLife Wellington	1E Lady Blake Industrial Park, Lady Loch Rd, Wellington, 7655	072 445 2003	wellington@fitlifetraining.co.za	Oktiv
Western Cape	Functional Training	Stellenbosch University Maties Gymnasium (Stellenbosch Campus Gym)	49 Victoria Street, Stellenbosch, Cape Town, 7602	021 808 9107	francoiskotze@sun.ac.za	Oktiv
Western Cape	Functional Training	Stellenbosch University Maties Gymnasium Tygerberg (Medical Campus)	Francie van Zijl Drive Tygerberg, Cape Town, 7505	021 808 9107	francoiskotze@sun.ac.za	Oktiv
Western Cape	Functional Training	SACSFIT	72 Long St, Piketberg, 7320	076 768 5574 / 078 207 3938	sacssfit@gmail.com	Oktiv

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Western Cape	Functional Training	Outsiders	Cnr Main & Strand Street Plettenberg Bay, 6600	071 475 6955	outsidersplett@gmail.com	Oktiv
Western Cape	Functional Training	Body Intrinzix	710 Lake road, Wilderness,6560	082 054 4530	Rae.mobilegym@gmail.com	Oktiv
Western Cape	CrossFit / Functional Training	D - Somerset West (7130)	2 Dynagel Rd, Firgrove Rural, Cape Town, 7110	079 509 9355/ 071 962 5435	chris@capecrossfit.com	Oktiv
Western Cape	Functional Training	Bodyweight Fitness Crew	10 Durban Dr, Helena Heights, Cape Town, 7130	082 322 7085	infobodyweightfitnesscrew@gmail.com	Oktiv
Western Cape	Functional Training	Ready Room	Ready Room, Shop F13, Willowbridge Shopping Centre, 39 Carl Cronje Drive, Tygervally, 7530	083 308 9641	stacey.jacobs@readyroom.co.za	Oktiv
Western Cape	Functional Training	FitFreak Training	1 Corwen St, Claremont, Cape Town, 7708	072 861 7793	Admin@fitfreaktraining.co.za	Oktiv
Western Cape	Functional Training	Oxygen Functional Fitness	1 Moreland Terrace, Green Point, Cape Town, 8051	067 900 6752	oxygenfuncfit@gmail.com	Oktiv
Western Cape	Functional Training	Clara Anna Fontein POA Gym	33 Kommetjie Rd, Fish Hoek, Cape Town, 7975	071 246 1380	info@bodyboardsouthafrica.com	Oktiv

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Western Cape	Functional Training	Hustle & Heart Cycling Studio	1 Firmount Rd, Sea Point, Cape Town, 8060	082 334 7193	CindyG@hustleandheartcyclingstudio.co.za	Oktiv
Western Cape	Functional Training	Purpose Fit	Unit 3, Stonewood Business Park, 9 Tanzanite Crescent, Kraaifontein, 7550	082 729 6974	castlesheldon94@gmail.com	Oktiv
Western Cape	CrossFit	CrossFit Impi	8 Lytton Street, Observatory, Cape Town, 7935	083 633 2160	info@crossfitimpi.com	Oktiv
Western Cape	Crossfit / Functional Training	CrossFit Knysna	23 Fitchat Street, Rexford, Knysna, 6571	084 205 6930	theclubknysna@gmail.com	Oktiv
Western Cape	Functional Training	ForeverStrong Durbell	Unit 4, 19 Pasita Street, Rosenpark, 7530	021 912 0727	foreverstrongpt@gmail.com	Oktiv
Western Cape	Gym / Functional Training	F45 Stellenbosch	Plein Street, Stellenbosch Central, Stellenbosch, 7600	072 344 1645	cvandermerwe@f45training.co.za	Oktiv
Western Cape	Functional Training	HYP Fitness & Lifestyle	HYP Fitness & Lifestyle 1 New Church Street, Cape Town City Centre, Cape Town, 8000	072 689 3375	victoria@hyp.community	Oktiv
Western Cape	CrossFit	Deep South CrossFit	6 Carlton Close, Sunnydale, Noordhoek, Cape Town, 7975	084 035 2489	therese@deepsouthcrossfit.co.za	Oktiv

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Western Cape	CrossFit	CrossFit Masiphumelele	Unit 54, Heron Park 3, 10 Wildevloevlie Road, Kommetjie, Cape Town, 7975	064 724 1205	kristin@crossfitmasi.com	Oktiv
Western Cape	Functional Training	HS Fitness Hub	Shop 1/2, New Cumberland, 169 Beach Road, Mouille Point, Cape Town, 8005	082 496 4694	hermann@hsfitnesshub.co.za	Oktiv
Western Cape	Functional Training	Natural Energy Wellness	2nd Floor, 188 Beach Road, Strand North, Strand, 7139	072 986 7678	wernergaigher@gmail.com	Oktiv
Western Cape	Functional Fitness	The Yard Athletic Cape Town	17 Jamieson Street, Gardens, Cape Town, 8001	082 442 0775	scott@theyardathletic.com; pretty@theyardathletic.com	Oktiv
Western Cape	CrossFit	Camissa CrossFit & Holistic Wellness	Buying Services Building, 115 Roeland Street, Zonneblom, Cape Town, 8001	067 926 8348	hello@cfcamissa.co.za	Oktiv
Western Cape	Crossfit	Motley Crew CrossFit - Waterkant	Corner of Chiapinni & Waterkant Street, de Waterkant, Cape Town, 8001	069 590 8312	info@motleycrewcrossfit.com; steven@wodchella.com	Oktiv
Western Cape	CrossFit	Norsub CrossFit	Unit 26, Palm Grove Shopping Center, 25 Main Road, Durbanville, Cape Town, 7550	082 483 1076	barry@norsubcrossfit.co.za	Oktiv
Western Cape	Functional Training	Become Elite	25 Myspace Paradys, 25 Canterbury Lane, Paradyskloof, 7600	084 310 3165	info@becomeelite.co.za	Oktiv

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Western Cape	Functional Training	Time 2 Train	6 Piet Retief Street, Malmesbury, 7300	060 379 5042	jason@time2train.co.za	Octiv
Western Cape	Functional Training	Unlocked Fitness Studio	Unit 005, Devonbosch Estate, Bottelary Road, Koelenbosch, Stellenbosch, 7605	066 218 4561	unlockedfitnessstudio@gmail.com	Octiv
Western Cape	Functional Training	Burn It Up Fitness & Nutrition	Unit 11, The Cornerstone, Brackengate Business Park, London Circle, Brackenfell, Cape Town, 7560	082 834 5861	burnitupfn@gmail.com	Octiv
Western Cape	Functional Training	Casuarina Wellness Centre	Cape Royale Luxury suites, 47 Main Road, Greenpoint, Cape Town, 8001	082 926 1550	Casuarina@hotmail.co.za	Octiv
Western Cape	Functional Training	Iron Tribe	Unit 4, Central Park, 12 Hopkins Street, Salt River, Cape Town, 7925	064 150 1971	irontribesa@gmail.com	Octiv
Western Cape	Functional Training	FIKS Training	13 Stonewood Business Park, Tanzanite Crescent, Kraaifontein, Cape Town, 7550	062 257 5427	weesfiks@gmail.com	Octiv
Western Cape	Functional Training	Potgieter & Pike Biokinetics - Groenkloof Wellness & Aquatics Centre	Groenkloof Retirement Village, Groenkloof Avenue, George, 6530	044 810 0844	info@cawbio.co.za	Intensity
Western Cape	Functional Training	Bloc 11 Climbing and Fitness	18 Auckland Street, Paarden Eiland, 7406	021 510 2454	climb@bloc11.co.za	Intensity

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Western Cape	Functional Training	Boundfit	8, Frazzitta Business Park, Koeberg Road and Freedom Way, Milnerton, Cape Town, 7441	082 956 7611	info@boundfit.co.za	Intensity
Western Cape	Functional Training	Optimum Lifestyle	Block A Level 1, Tramways Village, 89 Main Road, Diep River, Cape Town, 7806	079 1006 2023	sean@optimumlifestyle.co.za	Intensity

Discovery Vitality (Pty) Ltd. Registration number 1999/007736/07. Terms, conditions and limits apply.

30-Oct-2024