

Kwa-Zulu Natal	Gym	Training Science Ballito Hills	Hills Avenue, Ballito, Dolphin Coast, 4339	cheryll@trainingscience.co.za	083 3771092
Kwa-Zulu Natal	Gym	Legends Lifestyle Centre	51 Acacia Dr Hillcrest, Clifton Hill Estate, Durban, 3610	reception@legendslifestyle.co.za	031 762 1700 / 02
Kwa-Zulu Natal	Gym	Superbodies Health & Fitness - Margate	Cnr Woodford Ave & Wintford Dr, Ramagale, Margate, 4285	gym@superbodies.co.za	033 336 0939
Kwa-Zulu Natal	Gym	Fit 24gyms Athlone Circle	Shop 8001 Athlone Circle, Shopping Centre, Montongomery Drive, 3001	gym.athlone@fit24gyms.co.za	033 333 0939
Kwa-Zulu Natal	Corporate Facility	Jonsson Workwear	892 Umgeni Road, Durban, 4000	avm@jonsson.co.za; chanelle.fuchs@jonsson.co.za; Mandy.White@jonsson.co.za	083 363 2380 / 031 314 4000
Kwa-Zulu Natal	Gym	Sports Science Durban	Shop 2 & 3 Moses Mabhida Stadium, 44 Isibah Ntshangane Rd, Durban, 4001	kathy@rmetbu.co.za	031 940 5656
Kwa-Zulu Natal	Gym	Velocity Sports Lab	3 Montford Dr, Hilton Gardens, Hilton, 3045	garnen@velocitygym.co.za	033 343 0981
Kwa-Zulu Natal	Gym	Scottburgh Body Zone Gym	Shop No. 44, Scottburgh Mall Durban, 4180	ambodyzone@gmail.com	083 653 1920
Kwa-Zulu Natal	Independent studio	Blast Fitness and Cycling Studio	Shop 9 and 10, Flanders Mall, 14 Flanders Drive, 4320	sarah_collin@icloud.com	083 650 638
Kwa-Zulu Natal	Gym	Zimballa Bushbuck Club Gymnasium	Grandwood Drive, Northcote Suites, Zimballa Coastal Resort, Zimballa Drive, Zimballa Coastal Estate, Dolphin Coast, 4399	accounts@zimballa.co.za	033 338 4304
Kwa-Zulu Natal	Gym	Sambithi Country Club	1 Club Crescent, Shaka's Rock Drive, Dolphin Coast, 4390	sport@simbithi.com; accounts2@simbithi.com; sportsman@simbithi.com	032 946 8360 / 71
Kwa-Zulu Natal	Gym	Iron Gym Health and Fitness	Gowrie Village Estates, Gowrie Avenue, Nottingham Road, Escourt, 3280	chad_bouwer@gmail.com	083 774 2160
Kwa-Zulu Natal	Gym	Health & Fitness Professionals	173 Bulwer Road, Glenwood, Durban, 4001	accounts@hfa.co.za; befordwood@hfa.co.za	031 202 4029
Kwa-Zulu Natal	Gym	Onyx Fitness	2051 Marine Drive, Mount Carmel, Chelly Beach, 4226	onxyfitness@gmail.com	032 489 2156
Kwa-Zulu Natal	Gym	The Rock Gym and Wellness Centre	120 Croftdene Drive, Croftdene, Chatsworth, 4092	info@therockgym.co.za	073 779 0005
Kwa-Zulu Natal	Gym	Gym Company: Musgrave	Shop 121A, Musgrave Shopping Centre, Musgrave, Durban, 4001	admin.musgrave@gymcompany.co.za	087 897 7477
Kwa-Zulu Natal	Gym	LifeLife PTY Ltd	38 Avon Street Scottburgh, Durban, 4180	scamwillis@gmail.com	082 446 8399
Kwa-Zulu Natal	Gym	Durban North GetFit Studio	54 Adelaide Tembo Drive, Durban North, 4051	getfitdurban@gmail.com	083 310 5775
Kwa-Zulu Natal	Gym	Hamilton's Health and Fitness	113 10th Avenue, Essexwood, Berea, 4001	info@hamiltonshealthandfitness.co.za	079 874 5601
Kwa-Zulu Natal	Gym	Superbodies Health & Fitness Centre - Port Shepstone	3 Connor Street, Port Shepstone, 4240	Superbodies@retelkomsa.net	039 682 1482
Kwa-Zulu Natal	Gym	Kidswood Management Association	25 Edgewood Drive, Mount Edgecombe, 4302	stateman@kidswood.co.za	031 818 2000
Kwa-Zulu Natal	Gym	Fit24 Gyms - Linkhills	Shop 102, Link Hills Shopping Centre, Inanda Road, Waterfall, KwaZulu-Natal, 3610	marek@fit24gyms.co.za	031 762 2017
Kwa-Zulu Natal	Independent studio	Play Move Breathe	The Boulevard, 19 Park Lane, Umhlanga, Kwa-Zulu Natal, 4319	info@playmovebreathe.com	082 460 8005
 Limpopo					
Limpopo	Gym	Ben Vorster HS Gym	Ben Vorster High School, 1 Boundary Street, Tzaneen, 0850	avm@benvorster.co.za	015 307 4509
Limpopo	Gym	Body Life	131 Magazyn Street, Polokwane, 0700	corrad@bodylife.co.za	015 276 7830
Limpopo	Gym	Shage-Up Family Health Club - Lephalale	Cnr of George Webb & Walter Sulu, Overwach, Lephalale, 0557	williewest@retelkomsa.net; shageupgym@gmail.com; laverne@netactive.co.za	031 818 2000
Limpopo	Biokineticist Practice	Phiborwa Biokinetics Extreme Health Fitness	46 Sedene Road, Phiborwa, 1389	kyousofu@telkomsa.net; thecentre@gmail.com	015 781 3817
 Mpumalanga					
Mpumalanga	Gym	Fit24 Gyms Nelsonuq Pt Ltd	Shop 23, Valley Hopper, Corner Du Preez and Samora Machel Drive, Nelsonuq, Mpumalanga	gym.nelsonuq@fit24gyms.co.za; regional.admin@fit24gyms.co.za	082 432 9862
Mpumalanga	Gym	Inqweyama Conference & Sports Resort	Farm 64, White Reef, 1240	sports@inqweyama.co.za; laniqweyama@gmail.com	031 750 7000
Mpumalanga	Gym	Body Strong Fitness	31 President C B Swart St, Ermelo, 2351	bodystrongfitness@gmail.com	017 007 0646
Mpumalanga	Independent Studio	The Pilates Studio Malélane	Air Street, Malélane, Mpumalanga, 1320	mappevick@telkomsa.net	071 471 0034
 North West					
North West	Gym	Fitness Zone Klerksdorp	c/o Austin and Williams Street, Wilkoppies, Klerksdorp, 2571	christianandrievs1@gmail.com	018 468 7744
North West	Gym	FitLife	528 MK Roodo, Potchefstroom, 2531	management@fitlifegym.co.za; stephan@fitnesspotch.co.za; anton@fitnesspotch.co.za	018 125 1010
North West	Gym	CK Fitness Potchefstroom	77 Pans Ave Shop 20, Canal Crossing, Baillie Park, Potchefstroom	arnold07@gmail.com	082 746 4842 / 1 081 756 9945
North West	Spors Club	CrossFit Rustenburg	11 Kloof Road, Rustenburg, 2999	admin@nextlevelfitness.co.za; michaelmarta@next.net	082 295 9600
North West	Gym	Spartan Gym	127 Manuka Avenue, Grefhothpark, Rustenburg, 2999	info@spartangym.co.za	072 298 5004
North West	Biokineticist Practice	Ecot Biokinetic Centre	25 Rand Street, Protea Park, Rustenburg, 2999	estel@ecotmail.co.za	083 177 8682
 Northern Cape					
Northern Cape	Gym	The Fitness Factory - Khathu	Sahen Golf Club, Hans Coetzee Way, Kathu 8446	simon@thefitnessfactory.co.za; simon@thefitnessfactory.co.za	084 420 8230
 Western Cape					
Western Cape	Gym	Organic Fitness Hermanus	253 Main Road, Hermanus, 7200	hermanus@organicfitness.co.za	021 205 0837
Western Cape	Gym	Truwell Fitness	136 Floor Metropole Plaza, 98 Beaufort Road, Strand, 7140	truwel@truwellfitness.co.za	021 853 2670
Western Cape	Gym	Platinum Golf	Montana Street, Blanco, George, 6529	Wouter@platinumgolf.co.za	082 445 6976
Western Cape	Gym	Renaissance Body Science Institute	183 Bree Street, CBD, Cape Town, 8001	info@renaissancebsi.co.za	021 487 8840
Western Cape	Gym	Franschoek Health Club	57 Cabriere Street, Franschoek, 7090	bio@franschoekhealthclub.co.za	021 1876 3110 / 3233
Western Cape	Gym	Endless Fitness	Link & Dandack Dark, Old Park Rd, Paarl, Western Cape, 8000	mel@endlessfitness.co.za; andreas.grain@endlessfitness.co.za	021 883 3168
Western Cape	Gym	Stonehurst Gym	Lifestyle Centre, Stonehurst Mountain Estate, Westlake Drive, Westlake, Cape Town, 7945	estetam@stonehurstmountainestate.org	021 702 4240 / 063 230 1223
Western Cape	Gym	Wellness World - Mossel Bay	Hartenbos Beach Front, Port Natal Avenue, Bay View, Mossel Bay, 6506	lisaan.vanhalbeek@wellnessworld.co.za	044 313 0216
Western Cape	Gym	X-Body Fitness	91 Main Road, Claremont, Entrance via Stadium on Main Parkside on Stegmann Road, Cape Town	info@xbodyfitness.co.za; reception@xbodyfitness.co.za	021 672 5411
Western Cape	Corporate Facility	Gertrude House	2nd Floor, Gertrude House, 308, Cnr of Browning and Main Road, Observatory, Cape Town, 7925	luz@bambam.co.uk	021 607 5001 / 021 447 7565
Western Cape	Gym	Bantry Hills	21 Tramway Road, Sea Point, Cape Town, 8005	luz@bantryhills.com	021 020 1045 / 072 543 6277
Western Cape	Independent studio	The Yoga Room	331A St Martin Gardens, Cape Town, 8001	bio@theyogaroom.com	021 259 6145
Western Cape	Gym	Knysna Fitness	1 Waterfront Drive, Knysna, Cape Town, 7443	marcus@knysnafitness.co.za; info@knysnafitness.co.za	044 382 1774
Western Cape	Gym	CityRock Cape Town	9 Milner Street, Paarden Eiland, Cape Town, 7405	capetown@cityrock.co.za	021 447 1326
Western Cape	Gym	ONS Health Studio	404, 19 - 31 Regent Road, Sea Point, Cape Town, 8005	kevin@onshealth.co.za	082 496 4694
Western Cape	Gym	Val de Vie Winelands Lifestyle Estate HOA	77 Pans Ave Shop 20, Canal Crossing, Baillie Park, Potchefstroom	valofevie@valofevie.co.za	021 887 8000
Western Cape	Gym	ipic Active PTY (LTD)	Corner of Burton & Aurora Street, Aurora, Cape Town, 7550	fitness@ipicactive.co.za	021 205 3844
Western Cape	Gym	Direct Axis SA (Pty) Ltd (Corporate Gym)	1108 De Waal Road, Southfield, Cape Town, 7800	campussport@directaxis.co.za	086 202 0004
Western Cape	Gym	Perfect Health Senekale	ipic Shopping Centre Senekale, Senekale, Cape Town, 7580	info@perfecthealth.co.za	021 202 0774
Western Cape	Gym	Perfect Health Grabouw	Shop 28, Marsh Rose Mall, Oudeburg Road, Grabouw, 7160	grabouw@perfecthealth.co.za	021 202 3387
Western Cape	Independent studio	Yoga Life	127 Waterkant Street, De Waterkant, Cape Town, 8001	info@yogalife.co.za	021 418 2884
Western Cape	Gym	HIT Fitness	Link Road, Intergate Medical & Dental Center, Parklands, Cape Town, 7443	info@hitfitnessgym.com	021 568 9750
Western Cape	Gym	Vandaele PTY LTD t/a F45 Woodstock	145 St Lewis Road, Woodstock, Cape Town, 7915	woodstock_admin@vandaele.co.za	064 639 0791
Western Cape	Gym	Village Fitness Centre	139 Voortrekker Road, Veldrif, Malmesbury, Western Cape, 7365	ross@villagefitness.co.za	071 891 6451
Western Cape	Gym	Avallon Lifestyle Centre	Narvik Street, Durbanville, Cape Town, 7550	fit@avallonlifestyle.co.za	021 975 1441
Western Cape	Independent studio	Care Strength Pilates Studio	19 Gilsomer Avenue, George, 6530	care@strengthpilates.co.za	082 214 4607
Western Cape	Gym	Earls Court Lifestyle Estate	Arway Road, Earls Court Lifestyle Estate, George, 6529	admin@earlscourt.co.za	044 815 5946
Western Cape	Gym	Bella Rosa Lifestyle Centre	Bella Rosa, Bella Rosa Street, Rosendal, Cape Town, 7550	fit@bellarosalifestyle.co.za	021 914 9285
Western Cape	Gym	Pearl Valley Investments (Pty) Ltd	Val de Vie Estate, R301, Wemmerhoek Road, Paarl, 7646	Corné Strenkamp@pearlvalley.co.za	021 867 8000
Western Cape	Gym	Claremont Library Development Company (Pty) Ltd t/a Transfit	Quadrant Square, Wilderness Road, Claremont, Cape Town, 7708	info@transfit.co.za	021 632 4234
Western Cape	Gym	Old Mutual West Campus	West Campus, Muiskap, Jan Smuts Drive, Pinelands, 7405	info@sisca.com	021 659 6600
Western Cape	Gym	Atlantic Beach Estate Leisure Centre	2 Fairway Drive, Atlantic Beach Estate, Melkbosstrand, Cape Town, 7441	info@abha.co.za	021 553 0590
Western Cape	Gym	Relvin Grove Club	144 Campground Road, Newlands, Cape Town, 7700	Chris@relvingrove.co.za	021 658 4600
Western Cape	Gym	Open Box (Pty) Ltd	240 Main Road, Tokos, Cape Town, 7945	coach@openboxsoftware.com	021 713 9300
Western Cape	Gym	Kanonberg Lifestyle Estate Gym	Kanonberg Lifestyle Estate, Kanonberg, Cape Town, 7530	connievdm@telkomsa.net	073 335 4084
Western Cape	Gym	Allan Gray (Pty) Ltd	1540 Square, V&A Waterfront, Cape Town, 8001	Annetta.Franz@baker@allangray.co.za; PMAT@allangray.co.za	021 445 2300
Western Cape	Gym	Osigin Laguna Mall	Langebaan Country Estate, Langebaan, 7357	triksoep@laguna.com	071 251 8488
Western Cape	Gym	Stellenbosch Academy of Sport	1 Kage Road, Stellenbosch Central, Stellenbosch, 7600	werner@stasporting.co.za	021 861 7800
Western Cape	Gym	Fitness Connect Live	Great Westford Building, 240 Main Rd, Rendebosch	eliane@fitnessconnect.co.za	083 270 7423
Western Cape	Gym	SweetSpot Gymnasium	SweetSpot Gymnasium, Ceres, 0816	martha@sweetspot.co.za; reception@sweetspot.co.za; victor@sweetspot.co.za	021 312 3423
Western Cape	Independent studio	Box 11 Climbing and Fitness	18 Backland St, Paarden Eiland, Cape Town, 7405	eliane@box11.co.za	021 510 2454
Western Cape	Gym	Training Science Kinetics Cape	Cnr De Beers and Broadway Boulevard, Somerset West, Cape Town, 7130	cheryll@trainingscience.co.za	083 377 1092
Western Cape	Gym	The Gym Knysna	The Royal Hotel, Cnr Main & Queen St, Knysna, 6571	areg@rhc.co.za	027 235 7988
Western Cape	Gym	ProActive Fitness CC	8 Magnolia Street, East Cliff, Hermanus, 7300	info@proactivefitness.com	0849398671 / 028 313 2074
Western Cape	Independent Studio	SWEAT 1000 - Sea Point / BUC Fitness Club	3rd Floor, The Point Mall, 76 Regent Rd, Sea Point, Cape Town, 8005	info@sweat1000.com	021 439 9903
Western Cape	Gym	Osigin - Mossel Bay	Barney centre, c/o old adive and, Marsh St, De Nova, Mossel Bay, 6506	hian270@gmail.com; oxigin@oxigin.co.za	044 691 0773
Western Cape	Gym	Oubai Lifestyle Centre	406 Herolds Bay Road, George, 6528	lourens44@gmail.com	072 854 6881
Western Cape	Independent Studio	The Storm Centre	196 Bree St, Cape Town City Centre, Cape Town, 8000	storm@thestormcentre.com	083 334 6772
Western Cape	Gym	V&A Waterfront	Merchant House, 19 Dock Rd, Victoria & Alfred Waterfront, Cape Town, 8001	ngren@waterfront.co.za	021 408 7600
Western Cape	Gym	Motion Fitness Gym Worcester	1 Doolery St, Worcester, 6849	rmstern@motionfitness.co.za	023 342 6877
Western Cape	Independent Studio	Le Roux Nel Biokinetics	181, Avon Place, Suite, Old Sir Lewis's Pass Rd, Somerset West, Cape Town, 7130	admin@lerouxnelbiokinetics.co.za	021 851 1205 / 081 030 4774
Western Cape	Gym	Ignite Fitness Capital - Stadium on Main	Shop G15 Stadium on Main, 90 Main Rd, Claremont, Cape Town, 7908	lauren.damon@ignitefitness.com	021 214 2038
Western Cape	Gym	Ignite Fitness - Newspaper House	122 Saint Georges Street, St Georges Mall, Cape Town, 8000	lauren.damon@ignitefitness.com	021 422 1670
Western Cape	Gym	Ignite Fitness - Centre point	Centrepoint Mall, 2nd Floor, Milneron, Cape Town	lauren.damon@ignitefitness.com	021 224 0944
Western Cape	Gym	Leopold Creek Country Club	Office 28, Waterside Place, South Gate Type, Waterfront, 19 Carl Cronie Drive, Bellville, 7530	luc@leopoldcreek.co.za	021 329 2000
Western Cape	Gym	Balwin - The Polofoids	De Beers Avenue, Paardeveld Somersetwest, Cape Town, 7447	cheryll@trainingscience.co.za	083 377 1092
Western Cape	Gym	Balwin - The Reid	Sylvia Street, Richmond, Cape Town, 7090	cheryll@trainingscience.co.za	083 377 1092