



iTensity fitness facilities

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Eastern Cape					
Eastern Cape	Gym	Xclusive Fitness	50 Diaz Road, Jeffreys Bay, 6330	083 384 1691 / 078 223 1065	admin@xclusivefitness.co.za
Eastern Cape	Gym	Ignite Fitness Walmer	6th Avenue, Walmer, Gqeberha, 6065	074 584 0000	dean.adams@ignitefitness.com
Eastern Cape	Gym	Ignite Fitness Greenacres	The Atrium Centre, 24 Ring Road, Green Acres, Gqeberha, 6057	074 584 0000	dean.adams@ignitefitness.com
Eastern Cape	Functional Fitness	Valley Crag	16 Lower Valley Road, Baakens Valley, Port Elizabeth, 6001	082 576 4623	valleycrag@gmail.com
Eastern Cape	Gym	Body 3.0 Nahoon	2 Arundel Crescent, Stirling, East London, 5241	082 326 7928	Js.bodyclassique@gmail.com
Eastern Cape	Gym	Body 3.0 Beachfront	2 Orient Mall, Currie Street, Quigney, East London, 5201	082 326 7928	Js.bodyclassique@gmail.com

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Eastern Cape	Gym	Body Culture Health and Wellness Centre	Sandwic Place, Beacon Bay North, East London, 5205	043 707 3200	michael@bodyculture.co.za
Eastern Cape	Gym	Metrogym and Fitness Centre (Kabega)	49 Govan Mbeki Street, Port Elizabeth Central, Gqeberha, 6006	041 582 1783	ariyo@metrogym.co.za
Eastern Cape	Gym	Metrogym and Fitness Centre (Mdantsane)	2nd Floor, Enothole Building, Spine Road, Mdantsane, 5219	081 593 9832	mdantsane@metrogym.co.za
Eastern Cape	Gym	Metrogym and Fitness Centre (East London)	112 Oxford Street, East London CBD, East London, 5200	043 722 1842	el@metrogym.co.za
Eastern Cape	Gym	SAMA Fitness (PTY) LTD	Shop 157, BT Ngebs City, Vulindlela Heights, Mthatha, 5100	083 962 0248 / 047 495 0079	yongak@samafitness.co.za
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Free State					
Free State	CrossFit Training	Crossfit Resuelto	22 Faan Ferreira Ave, Spitskop Small Holdings, Bloemfontein, 9300	073 168 0244	crossfitresuelto@gmail.com

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Free State	Gym/ Sports Club	Sports Performance Clinic	Pretty Gardens Lifestyle Centre, Du Plessis Avenue, Langenhovenpark, Bloemfontein, 9301	051 451 2237 / 051 451 1400	admin@sportperformanceclinic.co.za
Free State	Gym/ Personal Trainer	Burn It Fitness Studio	27 Normandie avenue, Baywater, Bloemfontein, 9301	076 676 8885	zz11@mail.com
Free State	Gym	RVH Training and Nutrition	RVH Training and Nutrition, Bible Society, 220 Nelson Mandela Avenue, Tempe, Bloemfontein, 9301	072 558 4177 / 066 385 5008	admin@rvhgym.co.za
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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
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Gauteng					

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Gauteng	Gym	Allout Fitness Centre	Jeug Rd, Paul Krugersoord, Springs, 1559	062 701 2419	leigh.phillips16@gmail.com; accounts@allout-fitness.co.za
Gauteng	Gym	Zenzele Fitness- ABSA Towers	ABSA Towers, City and Suburban, Johannesburg, 2094	084 682 7589	diane@zenzelefitness.co.za
Gauteng	Gym	Zenzele Fitness - ABSA Pretoria	337 Petroleum street, Silverton, PTA, 0184	073 712 3333	bhekithemba@zenzelefitness.co.za
Gauteng	Gym	Zenzele Fitness - Liberty	1 Ameshof street, Braamfontein, JHB, 2001	074 750 3515	tendani@zenzelefitness.co.za
Gauteng	Gym	Zenzele Fitness - ABSA Auckland Park	9 Lothbury, Auckland Park, Johannesburg	071 628 1484	siba@zenzelefitness.co.za

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Gauteng	Gym	Zenzele Fitness - Vitality Gym	1 Discovery Place, Sandhurst, Sandton (8 th Floor)	082 499 2140	gyminfo@zenzelefitness.co.za
Gauteng	Gym	Trinergy Health and Fitness	23 Northmead Mall, Benoni, Gauteng	083 785 4474/ 011 849 3538/ 083 300 842	cheryl@trinergygym.com
Gauteng	Gym	Moove Silverton	537 Pretoria Rd, Silverton, Pretoria, 0184	084 600 0069/ 010 595 2262	vasili.michaelides@moovemfc.co.za
Gauteng	Gym	Moove Cosmo City	S Africa Drive & Tennessee Avenue, Cosmo City, Roodepoort, 2188	084 600 0069/ 010 595 2262	vasili.michaelides@moovemfc.co.za
Gauteng	Gym	Moove Sunninghill	1 Kikuyu Road, Sunninghill, Johannesburg, 2191	084 600 0069/ 010 595 2262	vasili.michaelides@moovemfc.co.za

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Gauteng	Gym	Moove Melrose Arch	11 The High Street, Melrose North, Johannesburg, 2196	084 600 0069/ 010 595 2262	vasili.michaelides@moovemfc.co.za
Gauteng	Gym	Gym Company Alberton	Shop 31, Bracken City Shopping Centre, Hennie Alberts St, Brackenhurst, Alberton, 1448	011 867 5700	dylan@gymcompany.co.za
Gauteng	Gym	Gym Company Baragwanath	Floor 1 Blackchain Ctr, Baragwanath Rd, Diepkloof, Soweto, 1862	011 933 3333	dylan@gymcompany.co.za; clinton@gymcompany.co.za
Gauteng	Gym	Gym Company Doornfontien	Mall, 120 End St, Doornfontein, Johannesburg, 2000	011 402 2222	dylan@gymcompany.co.za; clinton@gymcompany.co.za
Gauteng	Gym	Gym Company East Rand Mall	Rietfontein Rd & North Rand Rd, Jansen Park, Boksburg, 1459	011 590 6711	craig@imovefitness.co.za; craig@gymcompany.co.za

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Gauteng	Gym	Gym Company Ghandi Square	18 Main St, CBD, Johannesburg, 2001	011 331 1581	craig@imovefitness.co.za; craig@gymcompany.co.za
Gauteng	Gym	Gym Company Maponya Mall	2nd Floor, Maponya Mall, 2127 Chris Hani Road, Gauteng, Soweto, 1809	011 938 3457	clinton@gymcompany.co.za; dylan@gymcompany.co.za
Gauteng	Gym	Gym Company Newtown	Newgate Shopping Centre, 108 Rahima Moosa St, Newtown, Johannesburg, 2001	011 838 0006	clinton@gymcompany.co.za; dylan@gymcompany.co.za
Gauteng	Gym	Gym Company Randburg (Bromhof)	Parkside Centre, Ostrich Rd &, Hawken Ave, Randburg, 2154	011 792 0000	dylan@gymcompany.co.za; clinton@gymcompany.co.za
Gauteng	Gym	Gym Company Randburg Square	11 Hill St, Ferndale, Randburg, 2194	011 781 7777	dylan@gymcompany.co.za; clinton@gymcompany.co.za

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Gauteng	Gym	Gym Company Roodepoort	Flora Centre, Corner Ontdekkers Road and, Conrad St, Florida North, Roodepoort, 1709	011 672 2244	dylan@gymcompany.co.za; clinton@gymcompany.co.za
Gauteng	Gym	Gym Company Winchester Hills	1 Aua Street, Winchester Hills, Johannesburg	011 680 5721	clinton@gymcompany.co.za; dylan@gymcompany.co.za
Gauteng	Gym	Phoenix Strength and Fitness	Phoenix Strength and Fitness, Northwold Junction Shopping Centre, Corner of Elnita and Drysdale Road, Northwold, Randburg, 2162	072 881 2565	alex82dias@gmail.com
Gauteng	Gym	Revival Fitness Center PTY LTD	144 Burger Ave, Lyttelton Manor, Centurion, 0157	012 942 8005	info@revivalfitness.co.za
Gauteng	Gym/ Pilates/ Yoga/ Sports Club	CityRock Johannesburg	46 Fourth Avenue South, Fountainebleau, Randburg, Gauteng 2194	010 007 2732	johannesburg@cityrock.co.za

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Gauteng	Gym	Anfield Arms Gym	72 Beaulu Avenue fitness centre, Blue Valley Golf Estate, 1491	082 774 5867	paul@anfieldarmsgym.co.za
Gauteng	Gym	WonderWomen	41 Lakefield Avenue, Lakefield, Benoni, 1525	063 733 0409	admin@wonderwomen.co.za
Gauteng	Gym	Prinshof Gym	University of Pretoria, Hall 4, LC De Villiers Sports Centre, Hatfield, Pretoria, 0083	082 907 1658 / 012 356 3000	karen.dupreez@up.ac.za; s.nkiwane@up.ac.za
Gauteng	Gym	LC De Villiers Gym	University of Pretoria, 1st Floor Sports Hall, Groenkloof Student Gym, Groenkloof Campus, Groenkloof, Pretoria, 0083	082 907 1658 / 012 420 6035	karen.dupreez@up.ac.za; phindi.mahlangu@up.ac.za
Gauteng	Gym	Groenkloof Gym	University of Pretoria, Room 3-46, 3rd Floor Tswelopele Building, Prinshof Student Gym, Prinshof Medical Campus, Gezina, Pretoria, 0083	082 907 1658 / 012 420 2641	karen.dupreez@up.ac.za; regodiole.thobejane@up.ac.za

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Gauteng	Gym	Urbanflex	124-88 Chris Street, Norton Small Farms, Germiston, 1401	073 162 8277 / 064 750 5702	michele@urbanflex.co.za
Gauteng	Gym	Ignite Fitness Rosebank	Ignite Fitness, Entrance 3 (Parking Level 4), 50 Bath Avenue, Rosebank, 2196	074 584 0000	dean.adams@ignitefitness.com
Gauteng	Gym	Ignite Fitness Southgate	Ignite Fitness, Shop 23-25, Value Centre, Southgate, Corner of Rifle Range & Columbine Avenue, Johannesburg, 2082	074 584 0000	dean.adams@ignitefitness.com
Gauteng	Gym	Ignite Fitness Ferndale	Ferndale on Republic, Corner of Republic and Malibongwe Road, Ferndale, Randburg, 2194	074 584 0000	dean.adams@ignitefitness.com
Gauteng	Gym	Ignite Fitness Menlyn	Ignite Fitness, LF12/LF13, Menlyn Park Shopping Centre, Corner of Atterbury and Lois Avenue, Menlo Park, Pretoria, 0081	074 584 0000	dean.adams@ignitefitness.com

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Gauteng	Gym	Steyn City	Zevenfontein 407-JR, Midrand, 1685	076 984 2980	corne@in-reach.co.za; alex@in-reach.co.za
Gauteng	Gym	Jackal Creek Gym	The Clubhouse, Jackal Creek Golf Estate, Boundary Road, Northriding, Randburg, 2169	076 984 2980	corne@in-reach.co.za; alex@in-reach.co.za
Gauteng	Pilates	Coco Pilates	5 Benmore Road, Benmore Gardens, Johannesburg, 2196	083 267 6551	clarisa_coco@icloud.com; clarisa_coco@me.com
Gauteng	Personal Training	Fitxpress Personal Training	1287 De Villebois Mareuil Avenue, Morelettpark, Pretoria, 0081	073 400 4850	fitxpresstraining@gmail.com
Gauteng	Gym	Body Conscious	Randburg Sports Complex, Corner of Malibongwe and Hands Schoeman Street, Randburg, 2194	083 644 5058	andrew@bodyconscious.co.za

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Gauteng	Gym / Yoga	CityRock PTA	Guernsey North Business Park, 1 Saltus Street, Irene, Centurion, 0157	012 007 0541	pretoria@cityrock.co.za
Gauteng	Personal Training / Combat Sport	Elvis Adonisi Boxing Promotions	Johannesburg	082 210 5706	ayanda409@gmail.com
Gauteng	Yoga / Pilates	108YOGA	Vodaworld, Corporate Park, Midrand, Tembisa, 1682	082 045 4348	info@108yoga.co.za
Gauteng	Gym	Wayne's Gym	2025 Gordon Hood Road, Centurion Central, Centurion, 0046	012 653 2960	michelle@waynesgym.co.za
Gauteng	Functional Training	WTHP (Wayne Taylor Human Performance) Training	73 Camdeboo Road, Fourways Gardens Phase 2, Fourways, Sandton, 2191	083 708 3637	mandy@gracepoint.co.za

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Gauteng	Combat Sport	Thai Fitness Martial Arts & Fitness Centre	Shop 4, Saxby Centre, Corner of Cradock Avenue and Saxby Avenue, Eldoraigne, Centurion, 0157	081 763 8973	lennertswart@gmail.com
Gauteng	Gym	Zenzele Fitness - Hollard	Hollard, 22 Oxford Road, Parktown	074 750 3515	Tendani@zenzelefitness.co.za
Gauteng	Gym	Zenzele Fitness- Barloworld	61 Katherine Street, Sandown, Sandton, 2031	010 055 2012	Tendani@zenzelefitness.co.za
Gauteng	Gym	Fotia Fitness	478 John Scott Street, Constantia Park, Pretoria East, 0181	083 387 0436	info@fotiafitness.co.za
Gauteng	Gym	Activate - FRG Merchant Place Gym	8 Merchant Place, 1st Floor, 9 Fredman Drive, Sandton, 2196	082 778 7837	charles.kaschula@firstrand.co.za

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Gauteng	Gym	Activate - FRG Bank City Gym	FNB Bank City, 4 First Place (Mezzanine Floor), Corner of Simmonds and Pritchard Street, Johannesburg, 2000	064 594 2557	amaarahbiokineticist@gmail.com
Gauteng	Gym	Activate - FRG Fairland Gym	WesBank Basement Parking Level 1, 1 Enterprise Road, Fairland, Randburg, 2170	073 413 1771	lerato@lerathomohasibiokineticist.co.za
Gauteng	Gym	Activate - FNB Ferndale Gym	396 Kent Avenue, Ferndale, Johannesburg, 2194	084 335 4473	julianrussbio@gmail.com
Gauteng	Gym	Ingrain SA Employee Gym	6 Anvil Road, Isando, Kempton Park, 1600	011 458 5000	thatohatsi.mothibe@ingrainsa.com
Gauteng	Gym	MovementX	Shop 17A, Village View Shopping Complex, Van Buuren Road, Germiston, Johannesburg, 2008	071 472 9183	info@movementx.co.za

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Gauteng	Gym	Yard 21 Fitness	21 Lang street, Versterpark, Bronkhorstspruit, 1020	083 382 5008	info@yard21.co.za
Gauteng	Sports Club	Padel & Social Club (Fourways)	Broadacres Lifestyle Centre, Corner Valley and Cedar Road, Fourways, Johannesburg, 2191	079 927 7780	broadacres@padelandsocialclub.com
Gauteng	Sports Club	Padel & Social Club (Birdhaven)	James and Ethel Gray Park, Corner Edgewood Avenue and North Street, Birdhaven, Johannesburg, 2196	076 939 0967	jeg@padelandsocialclub.com
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Kwa-Zulu Natal					
Kwa-Zulu Natal	Gym	Gym Company - Musgrave	Shop 121A, Musgrave Shopping Centre, Musgrave, Durban, 4001	031 201 5499	admin.musgrave@gymcompany.co.za

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Kwa-Zulu Natal	Gym	The Fitness Factory	140 Adelaide Tambo Drive, Durban North, 4051	084 420 8230	info@thefitnessfactory.co.za
Kwa-Zulu Natal	Gym	Gym Company Amanzimtoti	Shop 39A, Arbour Crossing Shopping Centre, 2 Oppenheimer Road, Amanzimtoti, Durban, 4126	031 904 3111	welcomedesk.toti@gymcompany.co.za
Kwa-Zulu Natal	Gym / Swimmng	Aqua-Gym	75 Willis Street, Ladysmith, 3370	076 213 3949	marketing@hamilton.org.za
Kwa-Zulu Natal	Gym	Ufitt Life	1 Pienaar Road, Pennington, 4184	084 946 6614	admin@ufittlife.co.za
Kwazulu Natal	Yoga	Limber Lotus Yoga	Gillits Shopping Centre, York Road and Clifton Road, Gillits, 3610	072 335 1522	gaynor@limberlotus.co.za
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Limpopo					
Limpopo	Gym	Body Life MacDonald	62A McDonald Street, Fauna Park, Polokwane	083 276 1165	conradlab@mweb.co.za
Limpopo	Gym	Body Life Bendor	100 Genl Maritz Street, Bendor Ext 8, Polokwane	083 276 1165	conradlab@mweb.co.za
Limpopo	Gym	Ben Vorster HS Gym	Ben Vorster High School, 1 Boundary Street, Tzaneen, 0850	015 307 4509	gym@benvorster.co.za
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North West					
North West	Gym	Reform Fitness	Shop 20, Canal Crossing, 7 Parys Avenue, Baillie Park, 2531	071 677 6989	info@cx-fitness.co.za

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Mpumalanga	Gym	Moove Secunda	Nico Diederich street, Seunda, 2302	010 595 2262	vasili.michaelides@moovemfc.co.za
Mpumalanga	Gym	Fit24Gyms Nelspruit	Shop 23 Valley Hyper Du Preez & Samora machel Dr, Mbombela, 1201	082 432 9863	cgm.nelspruit@fit24gyms.co.za
Mpumalanga	Gym	Bodystrong Fitness	Cnr President CR Swart Street and De Bruin Street, De Bruin Park, Ermelo, 2351	071 689 0748	pieterdip7@gmail.com
Mpumalanga	Gym	Different Breed Gym	2 Andromeda Avenue, Reyno Ridge, Emalahleni, 1049	082 572 1555	Alecia@differentbreedgym.com
Mpumalanga	Gym	Different Breed Gym	2 Andromeda Avenue, Reyno Ridge, Emalahleni, 1049	082 572 1555	Alecia@differentbreedgym.com
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Western Cape					

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Western Cape	Gym/ Yoga/ Pilates/ Sports Club	CityRock Cape Town	Unit 5, The Island, 9 Milner Street, Paarden Eiland, Cape Town, 7420	021 447 1326	capetown@cityrock.co.za
Western Cape	Gym	Bay Fitness	The Village Plaza, Cnr Faure and Water way Street, Gordons Bay Central, Cape Town, 7140	021 856 2401	jo@bayfitness.co.za
Western Cape	Gym/ Rehab	Bredasdorp Health & Fitness	27 Long Street, Bredasdorp, Overberg, 7280	072 138 9146 / 028 425 2737	elsie.scott@axcess.co.za; bdorphf@gmail.com
Western Cape	Functional Training/ Rehab	Potgieter & Pike Biokinetics - Groenkloof Wellness & Aquatics Centre	Groenkloof Retirement Village, Groenkloof Avenue, George, 6530	044 810 0844	info@cawbio.co.za
Western Cape	Gym	Perfect Health Soneika	Corner of Amandel Street & Bottelary Rd, Soneike, 7580	083 275 2400	rian@ipicgroup.com; office@perfecthealth.co.za
Western Cape	Gym	Equilibrium Fitness Centre	46 Church Street, Wellington, 7655	082 881 1041	admin@premierclubsa.co.za; jan@premierclubsa.co.za
Western Cape	Gym	IPIC Active	Corner of Burton and Aurora Street, Aurora, Cape Town, 7550	083 275 2400	rian@ipicgroup.com; fitness@ipicactive.com

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Western Cape	Gym	Ignite Fitness News Paper House	122 Saint Georges Mall, Cape Town City Centre, Cape Town, 8001	074 584 0000	dean.adams@ignitefitness.com
Western Cape	Gym	Ignite Fitness Centre Point/Milnerton	Ignite Fitness, 2nd Floor, Centrepoint Mall, Milnerton, Cape Town, 7441	074 584 0000	dean.adams@ignitefitness.com
Western Cape	Gym	Ignite Fitness Stadium on Main	Ignite Fitness, Shop G15, Stadium on Main, 99 Main Road, Claremont, Cape Town, 7708	074 584 0000	dean.adams@ignitefitness.com
Western Cape	Gym	Ignite Fitness Somerset West	Gants Centre, 9 Garvin Circle, Corner of N2 Freeway and Fabriek Street, Strand, 7140	074 584 0000	dean.adams@ignitefitness.com
Western Cape	Gym	Just Fitness	Paddagat Shopping Centre, Knysna Road, George, 6529	078 764 7053	Joanne@justfitness247.co.za
Western Cape	Functional Fitness	Bloc 11 Climbing and Fitness	18 Auckland Street, Paarden Eiland, 7406	021 510 2454	climb@bloc11.co.za

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Western Cape	Gym	Health World Gym	27 Vrede Street, Malmesbury, Western Cape	072 022 1156 / 072 755 0524	admin@myhealthworld.co.za
Western Cape	Gym	Perfect Health Vredenburg	Shop 8A, Corner of Plein and Church Street, IPIC Centre, Vredenburg, 7380	083 275 2400	office@perfecthealth.co.za; admin@premierclubs.co.za
Western Cape	Gym	Muscle and Fitness 247 Gym Diaz	1 Beach Boulevard East, Diaz Beach, Mossel Bay, 6506	083 525 3977	roelofscheepers@gmail.com
Western Cape	Gym	Aspire Fitness	40 Dorp Street, Stellenbosch, Cape Town, 7600	079 993 8197	info@aspirefit.co.za
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
Western Cape	Gym	Sweetspot Gymnasium	Ceres Sportgronde, Ceres, 6835	023 312 3223	reception@sweetspot.co.za

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Western Cape	Functional Training	Optimum Lifestyle	40 Constantia Main Road, Constantia, 7806	079 1006 2023	sean@optimumlifestyle.co.za
Western Cape	Sports Club	LivPadel	5 Welbedacht Lane, Kanonkop, Knysna, 6571	082 446 0795	liam@livpadel.co.za
Western Cape	Gym	Xtream Body Factory	First Street, Fairview Office Park, George, 6530	044 050 0022	xtreambodyfactory@gmail.com
Western Cape	Sports Club	Aspire Sports	2 De Beers Avenue, Somerset West, 7130	083 280 6111	charnelle@asporesports.co.za
Western Cape	Rehab	Roné Grobbelaar Biokineticist	68 De Bron Avenue, Kenridge, Durbanville, 7550	083 357 5424	info@rgbio.co.za
Western Cape	Gym	Evolution Fitness	180 Lancaster Road, Dobson, Cape Town, 7140	079 939 9390	jnortier@gmail.com; christiaanneethling@ymail.com

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Western Cape	Gym	Activate - FRG Portside Gym	5 Buitengracht Street, Cape Town City Centre, Cape Town, 8001	079 841 9960	info@fouriewellness.co.za
Western Cape	Gym	The Gym Worcester	1 Distillery Road, Worcester, 6850	023 004 1588	thegym@dejagers.co.za

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