

Planet Fitness Rivonia Mega Club launch



master your universe







The Planet Fitness group has invested in its Mega Clubs, a 6-star, all-under-one-roof concept where almost everyone is catered for.

Unique to Planet Fitness, the newly launched Rivonia Mega club will feature the 6 star facilities fare including a panoramic indoor running track and a new system, Key4Me will also be introduced.

Key4me is a total body monitoring system that keeps track of calories burnt, weight fluctuations and work outs, but is also used in an overall assessment, further empowering resident fitness and nutrition consultants in suggesting personalized plans and regimes for members.

Feminique is a newly implemented program which caters for women's unique work-out needs in a women-only environment. It is based on tried and tested research that shows a particular 30 minute circuit is a sustainable means for shaping up. This means that women can arrive at any time and commence immediately with a full work-out for 30 minutes which is more than sufficient for obtaining a healthy lifestyle for the busiest of women.

Active moms can bring their kids to exercise with them. Planet Play is a health and fitness initiative specifically designed for children between the ages of 4 and 11. With equipment specifically designed for children and available at selected clubs, children will benefit from safe and supervised exercise.

For more, visit: <https://www.bizcommunity.com>