



# FITQUEST TERMS AND CONDITIONS

**Welcome to FitQuest**, where fitness meets purpose, and community drives transformation. We're genuinely excited to have you with us! Whether you're here to gain strength, move better, or simply feel like your best self again, you've joined a place that believes in YOU.

Our mission? To guide everyday people to their fitness goals through expert coaching, genuine connection, and workouts that keeps you coming back.

**FITQUEST HQ – 54 Diamant Crescent, Welgelegen**  
**We keep things personal and focused, with a maximum of 5 people per class. Booking your spot is essential!**

## CLASS DESCRIPTIONS

<b>FORGED</b> <i>Strength. Function. Purpose</i>	<b>A dynamic mix of functional strength and powerful engine work - forging a stronger YOU for life.</b>
---	---

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18:00	<b>FORGED</b>	<b>FORGED</b>	<b>FORGED</b>	<b>FORGED</b>	

## FEE STRUCTURE + ADDITIONAL OFFERING

FEE STRUCTURE:	TOTAL	ADD-ON	Online R250	In-Person R350
4 Sessions/ month	R 360	Monthly check-in	+	+
8 Sessions/ month	R 610	WhatsApp support	+	+
12 Sessions/ month	R 710	In-person support	×	+
16 Sessions/ month	R 760	Progress tracking	×	+

## BEFORE YOU TRAIN

- Class duration: 45-60 minutes
- New to FitQuest? Enjoy 1-week free access before committing.
- Bring: Water, sweat towel, and a gym mat (don't stress if you don't have one yet).
- Wear: Comfortable, movement-friendly gym gear and trainers.
- Inform: Let your coach know about any injuries or health concerns before class so we can adjust things accordingly.

## PUBLIC HOLIDAYS & YEAR-END BREAK

- No regular classes on public holidays (but we often do fun charity sessions).
- December break: We are closed from 24 December to the 2nd Monday in January. You'll only pay 75% of the monthly fee for both December and January.
- If we take annual leave, guest instructors or a reduced schedule will be arranged, with adjusted fees if needed.

## CATCH-UPS & FLEXIBILITY

- Life happens — we get it. If you miss a class due to illness or travel, you can catch it up within one month of your return. No stress, just chat to us to arrange it.

## BANKING DETAILS

Account Name: LEB Scheffers

Bank: ABSA Savings

Acc: 9376011839

Branch Code: 632005

Ref: [Your Full Name]

**Payments are due in the first week of every month (unless we've arranged otherwise).**

## CLASS CHECK-IN & ATTENDANCE

- You'll be added to a WhatsApp group to confirm attendance.
- Please respond to booking requests, and let us know if you're late or can't make it.
- This is also where your monthly indemnity will be sent.

## CONTACT US

- Luke Scheffers: 083 443 2908
- Michelle Nakan: 083 709 6733
- Email: [michelle@fitquest.co.za](mailto:michelle@fitquest.co.za)
- Website: [www.fitquest.co.za](http://www.fitquest.co.za)
- Facebook: <http://www.facebook.com/fitquestfitness>
- Instagram: <http://www.instagram.com/fitquestcapetown>

## INDEMNITY / DISCLAIMER

- By training at FitQuest, you acknowledge that you are training at your own risk. If you have any medical concerns, please get clearance from your healthcare provider.
- **All participants are required to complete a health and medical screening form prior to attending any sessions.**
- FitQuest and its trainers are not liable for injuries, illnesses, or loss/damage to personal items.

## 1-ON-1 PERSONAL TRAINING

- Looking for something more tailored? Luke offers 1-on-1 coaching. With over 15 years of combined coaching experience, and international qualifications from one of the world's leading group fitness brands, our team brings serious skill and passion to the table.
- Get in touch to explore the best package for your goals.

Thanks for choosing FitQuest. You're not just joining a gym - you're joining a movement. Let's do this.

**#StaySTRONG & #QuestON**