

GENERAL GUIDELINES FOR FACILITY USE

To ensure your training experience is as enjoyable as possible, guidelines for the use the facility have been outlined on your contract and below:

Access to the facility

Upon joining, your Old Mutual access card will be activated. This card will give you to access the gym. Should you forget your card at home, you will be required to sign in.

Dress code

A shirt or vest must be worn at all times. Correct footwear and exercise clothes must be worn while training in the Gym.

Sweat towels

A sweat towel must be carried at all times. All equipment must be wiped off after use. Disinfectant is provided for this purpose. For your convenience, towels for hire have been made available.

Super Circuit

Give right of way to members using the equipment in the correct order. Please read the directions at circuit before you begin your training session.

Electronic Equipment

Please ensure that the use of the electronic equipment has been demonstrated to you before you use them and please note that there is a 20 minute time limit on them during peak times.

Weight Training Area

Please replace weights after use. Ensure that the use of free weight equipment has been demonstrated to you before you use them. Remember that you can also always seek the assistance of our friendly floor staff.

Swimming Pool

Swimming caps must be worn at all times. Swimmers must shower before using the pool. Up to 5 swimmers may share a lane if necessary. No jumping is allowed from the deck.

Steam Room

Showers are required before before using the steam room. For hygienic purposes, a towel must be used at all times. No glass or food is permitted inside the steam room. No sharing is allowed in this area.



FOR MORE INFORMATION

Please contact a membership consultant on 021 509 0361 or email thegym@oldmutual.com

We look forward to hearing from you and maximising your exercise experience



OLDMUTUAL

THE GYM AT OLD MUTUAL 2025



DO GREAT THINGS EVERY DAY

WE'LL GET YOU MOVING



OPERATING HOURS

Monday-Thursday	05:30 - 20:30
Friday	05:30 - 19:30
Saturday	07:00 - 13:00
Public holiday	08:00 - 13:00

JOINING PROCEDURE

Our focus is to encourage physical activity at all levels of fitness: from beginners to the corporate athlete. We aim to educate you, the member, through exercise, to reduce the risk of chronic disease and enhance your lifestyle so that you can reach your optimal health.

MEMBERSHIP CONTRACTS

- 12-month full access membership: **R450** per month
- 6-month membership: **R490** per month
- 3-month membership: **R530** per month (contracting staff only)
- Guest pass booklet: **R550** (for 10 passes)
- Day pass: **R100**
- Joining fee: **R330**
- Access card fee: **R200**
- Family contracts will be offered to all Mutualpark staff. This is only available to immediate family members (I.e. spouse and children)

- **Children under the age of 15** may only use the pool on weekends. It is important that parents supervise children at all times.
- **Children over the age of 15** will be allowed to join the Gym. If they are under the age of 15yrs, weekend access will be granted with parent supervision.
- Banking details need to be brought along when joining.

ALL CONTRACTS INCLUDES THE FOLLOWING:

- 2 Fitness Assessments (T1 + T2)
- Exercise Consultation
- Personalised Exercise Programme
- Use of all facilities at The Gym
- 25 m indoor heated pool, 1.5 m deep.
- Spinning studio accommodating 20 people.
- 2 aerobic studios, accommodating approximately 20 people each.
- Cardiovascular equipment such as bikes, treadmills and rowers.
- Resistance Training Machines and Super Circuit.
- Free weights section.
- Showers, changing rooms with lockers and steam rooms.
- Please note that we do not have a childcare facility and young children cannot accompany you within the facility.



JOIN NOW!