

CLASS DESCRIPTIONS:

Stretch & Tone - Is a low impact body conditioning class with emphasis being placed on elongating the muscles of the body.

Pilates - aims to improve posture, balance, flexibility and works the entire body through a progressive set of exercises.

Prime Time - Is a general fitness and toning class focused for our Golden Oldies.

Body Tone - is a high aerobic form of workout, getting the heart rate up combined with core, abdominal strengthening and Toning.

HITT - High intensity full body workout that requires high physical demands and aerobic fitness

Yoga - places special focus on developing strength, endurance and correct body alignment in addition to flexibility and relaxation.

Aqua Aerobics - full body focused class in the pool.

Spinning - A great cardiovascular workout performed on specially designed spin bikes.

Swim Squad - is a great swimming session comprised of fitness training and stroke correction.

AB Attack - A fun and very much vibey workout with basic moves all focused on Abs.

Boxfit - Lose weight & tone your body while having fun! Box Combo class is a very cardio orientated class.

Body Pump - is a calorie-burning class involving simple moves, cardiovascular workout and focus on Abs as well. It aims to improve one's fitness and muscle tone.

Zumba - This class consists of some dance and step moves combined. High intensity class focus on toning and weight -loss in a fun way.

Supertone - High aerobic demand workout that will burn a lot of calories while having fun

Boxing - Focusing on basic boxing techniques and fitness

Mobility & Activation - This class blends dynamic stretches, targeted activation drills, and mindful movement to boost flexibility, stability, and control. Perfect for all levels.



Operating Hours:

Mondays - Thursdays : 05:30 - 20:30

Fridays : 05:30 - 19:30

Saturdays : 07:00 - 13:00

Public Holidays : 08:00 - 13:00



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Gym Timetable

2026

JOURNEY TO A HEALTHIER YOU



THE GYM @
 OLD MUTUAL

MONDAYS

<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Where</u>	<u>Mins</u>
06:30	Swim Squad	Adv	Gary	Pool	45
06:45	Spinning	All	Anne-Marie	Spin Studio	45
09:00	Prime Time	All	Intern	Studio 1	45
17:30	Boxfit	All	Michal	Studio 1	45
17:30	Pilates	All	Aleks	Studio 2	45
18:30	Pilates	All	Aleks	Studio 2	45
18:30	Mobility & Activation	All	Monique	Studio 1	45

TUESDAYS

<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Where</u>	<u>Mins</u>
06:00	Boxing	All	Andile	Studio 2	45
12:00	Aqua	All	Firdaus	Pool	45
13:00	Ab Attack	All	Andile	Studio 1	45
17:00	Zumba	All	Zulpha	Studio 1	45
18:00	Yoga	All	Haseena	Studio 2	45

WEDNESDAYS

<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Where</u>	<u>Mins</u>
06:00	Mobility & Activation	All	Monique	Studio 1	45
07:00	Pilates	All	Usisipho	Studio 2	45
07:00	Spinning	All	Willem	Spin Studio	45
12:30	Swim Squad	Adv	Gary	Pool	45
13:00	Body Pump	All	Intern	Studio 1	45
17:00	Supertone	All	Andile	Studio 1	45
18:00	Stretch&Tone	All	Michelle	Studio 1	45

THURSDAYS

<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Where</u>	<u>Mins</u>
11:00	Aqua	All	Firdaus	Pool	45
12:30	Spinning	All	Michelle	Spin Studio	45
17:00	Pilates	Int	Firdaus	Studio 2	45
17:30	Boxfit	All	Michal	Studio 1	45
17:30	Spinning	Int	Anne-Marie	Spin Studio	60
18:00	Body Tone	All	Michelle	Studio 2	45

FRIDAYS

<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Where</u>	<u>Mins</u>
06:00	Boxing	All	Andile	Studio 2	45
06:30	HIIT	All	TBC	Studio 1	45
09:00	Prime Time	All	Intern	Studio 1	45
12:30	Swim Squad	Adv	Gary	Pool	45
13:00	Yoga	All	Nadia	Studio 2	45

SATURDAYS

<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Where</u>	<u>Mins</u>
08:00	HIIT	All	Bio/Intern	Studio 1	45
09:00	Pilates	All	Louise	Studio 2	45

!! PLEASE NOTE !!

Bookings are essential for Pilates classes.
Make sure to call on the day to book your spot for either session.

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