



**Venue:** The Vineyard Hotel Fitness Centre, Collinton Rd, Newlands, Cape Town

**Director:** Chris van Loggerenberg (B.A (ed) Phys.Ed Hons)

**Trainers & Qualifications:**

Bradley Grant-Smith (ETA PFT), Steven McKnight (ETA PFT), Andrew Grant-Smith (ETA PFT)  
& Jonathan Shulman (ETA PFT), Asghaab Job (Sports Science Hons UWC), Suresh Repalle (ETA PFT, MA : Physical Ed.)  
and Carolien Zeelenberg (S.O.W.NL / Institute. NL)

**Contact Numbers:**

FITCO Office (021) 683 6019, Vineyard Hotel Fitness Centre Tel (021) 657 4500 - Ext 4572  
(Chris van Loggerenberg - 082 555 8015) (Andrew Grant-Smith - 083 497 3530 ) (Bradley Grant-Smith – 082 496 0832)  
(Steven McKnight – 082 782 7464) (Jonathan Shulman – 076 493 6144) (AJ – 072 5314448) (Suresh – 073 604 7222)

E-mail: [fitco@iafrica.com](mailto:fitco@iafrica.com) / Postal Address: Suite 196 PostNet x18 / Rondebosch 7701

**MISSION STATEMENT**

We approach training from a differentiated basis, in terms of a mobility awareness-integration within a physical dimension. The outcome is based on a total mind-body interconnected experience.

FITCO Systems of conditioning basis its movement philosophy upon integrated, multi-planar-multi-dimensional movement techniques, exercises and drills.

**PERSONAL TRAINING SERVICES AND LOGISTICS**

**1. Fitness Training options:**

- Personal Fitness Training: (one versus one)
- Partner Training: (two versus trainer)
- Group Training: Three-Four versus trainer)
- Team Concept Training (six or more versus instructor)

**2. Assessments:**

**The FITCO Health & Fitness Assessment, Body Composition & Body Type Analysis**

The aim is to establish your current physical status and profile. These computerised results will enable the trainer to construct a training programme according to your genetic potential and goals. Frequent monitoring of your progress will enable you to achieve your goals safely and effectively. The following assessments will be conducted:

- 2.1 Body Weight/Stature
- 2.2 Blood Pressure
- 2.3 Personal Aerobic Training Zone
- 2.4 Body Mass to Height Ratio
- 2.5 Body Composition Analysis
- 2.6 Waist to Hip Ratio
- 2.7 Somato Typing

- 2.8 Aerobic Work Capacity (*optional*)  
 2.9 Abdominal Strength (*optional*)  
 2.10 Hamstring/Lower Back Flexibility (*optional*)

NB. Results acquired from the above testing battery will provide significant insight in the current physical status of the client and will assist the trainer to set realistic goals. *Goal-setting* is a key element in the FITCO Training Process. The goals to be obtained will provide the trainers the insight to design a “periodised fitness plan”, which structures and organizes the systems of training.

Clients will receive a **computerised report** on the completion of the assessment.

Assessments will be conducted every six weeks with regular three week **spot checks** during the six-week training period.

NB. Results gained from the assessments provide valuable information for the trainer to achieve a total overview of the health and physical status of the client. It provides clear guidelines regarding the factors and variables that may contribute to an increase in muscle tone, weight reduction and weight gain. It also places the current status of the client in perspective.

### 3. TRAINING PROGRAMMES

Training programme planning and design follow a progressive and systematic staircase approach. Individual needs are considered and goals are set for long-term involvement. To prevent ‘plateauing’ in training, a strong emphasis is placed upon ‘variety’ and ‘efficiency’ to instill enjoyment and self-compliance.

The **SIX WEEK** Personal Training Fitness Plan will consist of the following:

3.1 The SIX-week Fitness Plan is based on the principles of ‘periodisation’.

3.2 Prescribed Weekly Programme Schedule.

3.3 **FITCO Training Systems and Periodised Branded Training Methods**

#### Movement Departure:

*“To apply integrated multi-planar movement that involves acceleration, deceleration, stabilisation, occurring at different speeds in varying body positions”.*

FITCO Training Systems	Description
Total Body Activation System	The programme primarily has an anatomical adaptation function and in most cases and is followed by a specific muscle enhancement <i>split routine</i> style of weight training or <i>cross fitness training</i> . This enables the client to enter the final phase of muscular definition.
'Body Shift' Dynamics	This is a free form style movement discipline that integrates aerobic dance style movements, athletic drills, and adapted mind-body integrative techniques. The main aim of this workout is to combine lower and upper muscular regions in a controlled but rhythmic fashion. The key element for the client is to apply conscious controlled resistive movement executions as part of the mind-body connection approach.
Muscle Enhancement Training	A variety of muscle building training systems and methods will be prescribed according to phase of training. This periodisation system or training plan will be followed and adapted according to the individual progress of the client. Specific muscle combinations routines for specific training days will include variables such as choice of exercise, intensity, order of exercise, training loads, frequency and duration of training.
Functional Athletic System Training (F.A.S.T)	This training system is geared towards clients who are pursuing physical performance enhancement in either a recreational or competitive sport. Each selected sporting code and its biomechanical and physiological demands are being considered before the programme is being designed or implemented

Functional Integration Training (F.I.T)	The main aim of the functional training system is to enhance multidirectional and multi-planar mobility, by integrating specific conditioning modalities within the training system. This system includes a variety of structure applications which are designed to create a challenge to the needs of the client.
CoreFlex	slow and controlled limber-stretch body movements on various planes and movement dimensions. It progresses to various forms of core stabilisation techniques derived from, 'suspended'- core training techniques, adapted 'yoga' movements, functional integration training-stretching techniques.
The Strength-Power-Speed Model	Technical training will cover the following: dynamic functional movements, core strength lifts and weight lifting exercises. Seeing that the main aim is to enhance speed and explosive performance, it is required that each athlete receives intense coaching time under the supervision of the trainer for both safety and efficiency.

*Additional modalities to be added to training: boxing, tubing and stability ball training, medicine ball training, aquatic training and interval based aerobic training, i.e. rowing, treadmill training, spinning, sport circuits) and speed-agility training.*

#### 4. NUTRITIONAL GUIDANCE:

This division in personal training will be covered on an educational basis. Each client will complete a five day training and nutrition logbook. Dietary patterns will be supervised on a weekly basis and clients will be assisted with the most up to date nutritional scientific research studies.

In terms of dietary prescriptions and eating plans, the client will be referred to an associated dietician.

#### 5. PERSONAL TRAINING NEWSLETTER / HANDOUT

Each Client will receive an informative newsletter covering relevant health and fitness topics.

#### 6. ADMINISTRATION PROCEDURES:

##### 6.1 Schedule training hours:

Monday to Friday: 6h00- 19h00:

Saturday: 7h00 – 13h00

- Clients will be notified regarding specially arranged training sessions during **Sundays** and **public** and **religious** holidays.

##### 6.2 Payment Procedures:

**An 8 session advance payment contract will be signed and paid during first session or visit. Thereafter a monthly arrears-paid-system will be applied.**

NB. A hotel levy/month is required by the Vineyard Hotel. Benefits of the utilization of fitness centre facilities will be discussed during registration or on enquiry.

6.3 **SIX Weeks:** Minimum of two sessions per week is recommended for significant results.

#### YOUR FIRST OFFICIAL SESSION OUTLINE:

##### Phase 1:

- Consultation, Orientation & Goal Setting

Duration: 15min

##### Phase 2: (Duration:25min)

- **Physical Assessment:** Health & Fitness Check, Body Composition & Body Type Analysis

##### Phase 3

- Postural Alignment Testing & Correction
- Movement Technique Training

Session 12: Re-Assessment plus final programme intervention.

(Session 2-12: Personal Training Sessions)

#### 6.4 Cancellation Policies:

**NB.**

All cancellations received within 24hours of the scheduled appointment will be charged for in full.

#### 6.5 **Business trips and Vacations** :(see attached document to client contract)

The following rules apply to clients who are planning to be absent from training sessions for **seven days and more**:

5.5.1 Allocated time slots are not guaranteed on return.

5.5.2 Clients can only secure **PERMANENT** time slots indefinitely by covering allocated sessions financially during their absence.

5.5.3 Clients returning to training need to consult with either the personal trainer or the administration official regarding available time slots. Clients can then work themselves back into their original slots over period of time.

5.5.4 Clients must complete the number of acquired training sessions within the contract duration period. NB. *Remaining sessions will be forfeited after a **thirty** day absence period.*

#### 5.6 **Refund Policy:**

**NB.**

No refunds will be issued once the client has commenced with the programme (this includes the assessment stage). In the case of a medical certificate, the client's credited sessions remain valid, until he/she will be able to continue at a later stage.

#### 5.7 **Additional training programme design**

This implies the design of programmes for holiday periods and business trips. This is at an additional cost due to the administration time that have to be put into needs analysis, programme planning and presentation (see attached list re fees).

Please Note: Each contractual client is eligible to receive a free copy of his or her training programme at the conclusion of his or her contract.

#### 5.8 **Personal Training Rates:**

- *These rates will be issued at formal enquiries or day of registration.*

#### 5.9 **Length of a Workout:**

The total duration is 60min. The official workout is **fifty minutes**. Clients are required to start their warm-up **on the hour** and that they have concluded their initial warm-up and stretch period before the official training session commences.

The initial **10min** warm-up period allows for a turnover period in order for trainers to prepare documentation for the forthcoming client's workout.

#### 5.9 **Professional Network:**

FITCO is currently in the position to offer you the best resources regarding sports medicine, exercise science, physiotherapy, injury rehabilitation and weight control and management. FITCO has formed a referral system with all these professionals.

This forms part of our training philosophy to ensure that immediate attention to medical or physiological conditions is seen to and to be treated immediately. This will ensure training safety and the prevent absence from training programmes.

### **IN SUMMARY:**

#### **KEEP THIS APPOINTMENT – IT IS BETWEEN YOU & YOURSELF**

The freedom to explore the fantastic capabilities of the human body and how it adapts and changes will be become one of your biggest assets.