



# PERSONAL FITNESS SESSIONS

Join and book a fitness session with Evan for the perfect escape and get away from the city. Recharge and reset your vitality and well-being. You will leave feeling energised, fitter and more relaxed and rejuvenated.

On request mountain trail hikes or runs.

## ONE-TO-ONE FITNESS SESSIONS

Fitness Session - Single /30 minutes	R395
Fitness Session - Single /60 minutes	R695
Fitness Session - Couples /60 minutes	R795

## ATLANTIC SEABOARD FITNESS SESSIONS

Table mountain trail summit	R1800
Devil's peak trail summit	R1800
Lions head trail summit	R1400
Atlantic seaboard hike	R1200



QUEEN VICTORIA HOTEL  
& MANOR HOUSE



VICTORIA & ALFRED  
HOTEL



DOCK HOUSE

BY  
**NEWMARK**