

2024

SCHOOLS PROGRAMME



GYM CONCEPTS SCHOOLS PROGRAMME

In the last few decades, our children's lives have become increasingly sedentary. Digital distractions divert their attention, stealing from them real-life opportunities to experience what their bodies and minds are capable of.

The Gym Concepts Schools Programme combines the vision of three fitness brands - Gym Concepts, AlphaState and Reebok - to offer South African schools tailored solutions in designing and equipping modern fitness facilities essential in honing the physical and mental prowess of all learners.



Gym design experts who believe that the lifelong benefits of an active lifestyle should be accessible to everyone. Inspired gyms for inspired training.



A gym equipment brand with a holistic approach to fitness. By embracing a mindset that transcends limiting beliefs, anyone can realise their potential.



A global sports apparel and footwear brand on a mission to change lives through the power of everyday fitness. Fitness for everybody, every BODY, every day.



OUR PHILOSOPHY

A well-designed gym is an essential investment for schools, giving our children a strong foundation for their future.

For us, training is not only about athletic performance; it is about the soft skills children develop when engaging in physical activity. Discipline, motivation and confidence cannot be taught - these skills need to be developed.

The goal is to set up a training space for the benefit of all students; that can be used by coaches and mentors to empower learners. By cultivating a positive relationship with physical fitness, students are given the opportunity to develop their mental resilience.



THE OFFERING

From setting up the basic functional foundations for everyday training, to equipping a high-performance facility for peak performance conditioning, Gym Concepts has the expertise and track record to deliver bespoke solutions.

Through close engagement with your coaches and facilitators, we create custom solutions that benefit all scholars, whilst taking into consideration each school's available resources.

We can discuss financing options, and tailor a solution that offers you the best equipment for your budget, and space.



Our mission is to ensure that a healthy lifestyle becomes more accessible to everyone by creating gyms that inspire people to meet their goals.

Fitness and sport have been part of our lives since our childhood. It is something that has become a non-negotiable in our everyday lives.

This may seem fanatical to some. But we cannot deny ourselves (or our children) the tangible benefits of a fit and healthy lifestyle.

LET'S TALK

Marc Bernard

PHONE

+27 83 500 8979

EMAIL

marc@gymconcepts.com

GYMCONCEPTS.COM



HTS DROSTDY



Founded 1922
HERSCHEL
GIRLS SCHOOL



HOËRSKOOI
STELLENBOSCH



KEARSNEY
COLLEGE



PAUL ROOS
GIMNASIUM – GYMNASIUM



OAKDALE



MICHAELHOUSE