



Planet Fitness and Vitality

Making your training affordable and fun

About the Vitality gym benefit for post-2010 activations

This benefit guide applies to members who activate the Vitality gym benefit **from 2010 onwards**.

As a Discovery Vitality member, you can:

1. Use Planet Fitness health clubs **at reduced rates**
2. **Earn Vitality fitness points** for workouts at the health clubs.

The saving you get as a Vitality Health member depends on your Planet Fitness gym membership type, your entity role (whether you are the main member, spouse or adult dependant on your Vitality policy) and how often you work out at the gym.

For more clarity on entity roles, you can refer to the [Main Vitality rules for Vitality Health](#).

Who may use this benefit

- Vitality Health members who are 18 years or older, and child dependants from the ages of 6 months to 18 years old, can use the gym benefit at Planet Fitness.
- If you use the Vitality Planet Fitness benefit, you cannot join Virgin Active at the Vitality rates.

What you pay for the benefit

- Your once-off gym activation fee, which is equal to one month's full retail rate of your gym contract. This fee applies to each adult on the Vitality Health policy, who is 18 years or older and who wants to activate the Vitality gym benefit at Planet Fitness.
 - To find out the retail rates of the health club you want to join, contact your nearest Planet Fitness health club.
- The access tag fee of R125 for each member who activates the benefit.
 - If you lose your tag, a reactivation fee of R50 applies.
- The applicable monthly gym membership fee, less the Vitality saving as specified below.
- If you change your home club, Planet Fitness charges an administration fee.

What you save by using the benefit

Planet Fitness offers three gym membership options for you to choose from. Monthly savings for each health club are specified below, for Vitality gym benefits that are activated from 1 January 2010:

Entity role	Type of gym membership	Vitality saving on monthly gym membership fees
For the main member or spouse	Local (access to one gym)	Up to 75% off the standard monthly fee
	National (access to any gym)	50% off the standard monthly fee
For adult dependants who are 18 years or older	Local and National	50% off the standard monthly fee

Savings for child dependants

- Child dependants from 6 months to 18 years old get free access to the health club when the main member or spouse has a Local gym contract at a Blue or Signature club.
- Dependants from 13 to 17 years get access at a discounted rate when the main member or spouse has a Local gym contract at a Just Gym club. Visit the Planet Fitness website for details.
- Dependents under 18 years get free access to a Blue or Signature club nationwide when the main member or spouse has a National gym membership. However, only dependants from 13 to 17 years get **free** access at Just Gym clubs nationwide.
- Certain restrictions apply to children under the age of 18 years old. Find out more on www.planetfitness.co.za.

To keep the maximum gym saving at Planet Fitness

- As the main member or spouse with a Planet Fitness Local gym membership, you need to complete at least 36 gym sessions in a rolling 12-month period to keep your maximum gym saving of 75% of the standard monthly gym fee.
- At the end of the first 12-month contract period of your Planet Fitness gym benefit, we count your gym sessions to check that you completed enough gym workouts in that 12-month period.
- From then on, at the end of every month, we look back 12 months to count your total number of gym sessions during that period.
- Only one gym session a day will count towards your total 36 gym sessions requirement.
- If you go to the health club fewer than 36 times in a rolling 12-month period, your monthly gym saving reduces from 75% to 50% off the standard monthly fee, but you still have access to the gym.
- You pay the increased gym fee until you reach 36 gym sessions in a rolling 12-month period again.
- If you meet the required 36 gym sessions, you do not get the 75% saving immediately. You will only get the 75% saving in the following month.
- For your gym session to be considered valid for this benefit, you must exercise for longer than 30 minutes during each session at your chosen Planet Fitness health club, or during each [online workout](#).

How to join Planet Fitness

Step 1: Choose a health club and a membership type

- Visit www.planetfitness.co.za to find out about their health clubs. Visit or call the club you would like to join and speak to a sales consultant.

Step 2: Go to your chosen Planet Fitness health club to sign up

- Give the sales consultant your Discovery membership number and proof of identification (ID/ passport/ driving licence).
- The consultant will complete your joining process electronically.
- Sign your application form.
- Pay a once-off gym activation fee equal to one month's full retail rate of the gym contract for each adult who is 18 years or older who wants to activate the Planet Fitness benefit.
- Pay the tag fee of R125 for each member activating the gym benefit.
- Sign a debit order form at Planet Fitness and provide your banking details for the monthly gym debit order.
- You will get a Planet Fitness membership tag, which gives you access to Planet Fitness health clubs.
- If you join the gym before and including the 15th of the month, your benefit start date is the first of the same month. If you join the gym after the 15th of the month, then your benefit start date defaults to the 1st of the following month.

Upgrades, downgrades or transfers between health clubs

- If you have a Local Planet Fitness gym benefit, you will pay a guest fee when using any other club.
- If you want a membership to all Planet Fitness health clubs in South Africa, you can upgrade to National membership (please see above for the monthly discount you will receive).
- If you want to upgrade, downgrade or change your home club, you can call Planet Fitness on 0861 496 463 (Planet Fitness charges an administration fee for these changes).

- **Please note:** You can only change your gym membership or your home club 60 days from the date of activation of your membership at Planet Fitness.

Earn Vitality fitness points

- Adults can each earn 100 Vitality fitness points for one gym workout a day.
- Adults can also earn 50 Vitality fitness points a day by doing a 30-minute online workout, which will count towards your 36 gym workouts requirement in a rolling 12-month period. To access the online workouts, visit planetfitness.co.za/online-workouts to register.
- You can earn up to 1 200 Vitality points a month by completing online workouts and tracking 10 000+ steps.
- Points for all fitness activities are capped at 30 000 Vitality fitness points a year for each member.
- Additional adult dependants are subject to separate limits and caps. Please consult the [Vitality Summary of Points Guide](#) for more information.

To earn Vitality points for your gym sessions, you must exercise for longer than 30 minutes during each session at your Planet Fitness health club, and during each online workout.

To check your number of gym sessions, log in to your profile on www.discovery.co.za and go to the Vitality Gym Tracker. The Vitality Gym Tracker reflects a rolling 12-month period. It also shows you how many gym sessions you have completed by working out at the health club or completing online workouts. It is up to you to check that you have worked out at the Planet Fitness health club the required number of times in a rolling 12-month period. Each gym member will only have access to their own individual dashboard. The main member will not have access to a spouse or adult dependant's gym workouts.

Your Vitality fitness points can take up to four days to reflect on your Vitality Points Tracker on www.discovery.co.za once you have logged in to your profile. All Vitality points you earn at the health club count towards the Vitality fitness points category. Vitality points are only awarded for one fitness activity a day. If you complete two or more fitness activities in one day, then the higher of the points earned will be awarded.

Scan your access tag each time you go to the health club to get Vitality points

- Record your number of gym sessions and earn Vitality points by scanning your access tag each time you work out at the health club.
- If the health club cannot scan your access tag for any reason, you must ask to sign the manual register at the reception and show proof of identification (ID/ passport/ driving licence) to make sure your gym session is recorded.
- For your workout to be considered valid for this benefit, you must exercise for longer than 30 minutes during each visit to your chosen health club, or during each online workout.

Rewards for children who work out at the gym

Children who take part in Vitality Active Rewards for Teens can earn rewards for completing gym workouts.

For children aged 14 to 17 years, to earn rewards for their gym sessions, a self-paid benefit needs to be activated.

The self-paid benefit in the context of this benefit guide refers to the main member linking their nominated child's Planet Fitness profile to their Vitality profile. This linking is for recognising their gym activity for the Vitality Active Rewards for Teens programme.

You will need to provide your child's Planet Fitness membership number, home club and contract start date.

By activating and using this benefit, you consent and acknowledge that Discovery Vitality (Pty) Limited and Planet Fitness may share your child's personal information to administer the Vitality Active Rewards for Teens benefit effectively. For more information on rewards for children who work out at the gym, please consult the [Vitality Teens benefit guide](#).

Planet Fitness members who join Vitality

If you are already a Planet Fitness member and then join Vitality, you can convert to a Planet Fitness Vitality membership by activating the Vitality gym benefit at Planet Fitness and paying a once-off gym activation fee equal to one month's full retail rate of the gym contract. From then on, you pay the lower monthly gym fees based on the Vitality gym discount you qualify for.

To start earning Vitality points on your existing Planet Fitness membership, you can simply chat to one of our live agents via Ask Discovery on [Whatsapp](#), the Discovery App, or [website](#). Open the chat function on Ask Discovery, and type *chat to an agent*. The agent will then assist you in obtaining your necessary gym information so that you can start earning Vitality points. We can backdate your points for up to three months.

How to cancel your gym membership

You need to contact Planet Fitness to tell them that you want to cancel your gym membership. You need to give Planet Fitness one calendar month's written notice by emailing customerservice@planetfitness.co.za. Your Vitality discount stops at the end of your notice period.

If you are still within your initial 12-month contract period, then Planet Fitness rules apply and you need to pay an early cancellation fee as prescribed by CPA Act, Section 14. During the notice period, you may not start a Virgin Active benefit through Vitality.

These rules apply with the rules of your Planet Fitness gym contract, which you receive when you complete the application form.

Please note that we cannot freeze or suspend your gym membership for any reason. If the main member starts a Vitality Planet Fitness contract, there is a five-day cooling-off period. During this time, you can cancel your contract and get a refund for any amounts you have paid.

When this benefit ends

If you are no longer a Vitality Health member, this benefit no longer applies, and you must pay the standard monthly fee at Planet Fitness.

Third party consent when activating any Vitality benefit

By activating the Vitality gym benefit, you agree to the limits, terms and conditions that apply to this benefit. You further consent that Discovery Vitality and Planet Fitness may share your payment and personal information as well as transaction data to administer the benefit effectively.

Stay in touch

If you have any questions or need more information about this benefit, please visit www.discovery.co.za and click on the Vitality tab or call 0860 99 88 77. If, for any reason, there is a conflict between the rules in this benefit guide and the Vitality Main Rules, the [Vitality Main Rules](#) apply at all times.

Keep up to date with the latest news from Vitality:

- [Download the Discovery app](#).
- Follow Discovery Vitality on [Facebook](#), [Twitter](#) and [YouTube](#).

Specific limits, terms and conditions apply to each benefit and may change. We will inform you if we make product or benefit changes.

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