



Planet Fitness and Vitality Health

Making your training affordable and fun

About the Vitality pre-2010 gym benefit

This benefit guide only applies to members who activated the Vitality gym benefit **before 2010** and have maintained the same gym contract since.

As a Discovery Vitality member, you can use Planet Fitness health clubs at reduced rates and earn Vitality points for workouts at the health clubs. The savings you get depends on your Planet Fitness membership and if the member on the Vitality membership is a main member or spouse.

Please note: As a Discovery Vitality member, you **cannot opt for the pre-2010 gym benefit if you are not already on it**. If you get a new gym contract for any reason, post-2010 gym benefit guidelines will apply. You can find more information on this in the [Planet Fitness post-2010 benefit guide](#).

Who may use this benefit

Vitality members (main member and spouse) who joined Planet Fitness and Vitality before 2010 may use this benefit. If you use the Vitality Planet Fitness benefit, you cannot join Virgin Active at the Vitality rates.

Monthly gym fees if you started the benefit before 1 January 2010

- There is no monthly fee for the main member on a Local membership.
- There is a reduced monthly fee for the spouse on a Local membership.
- There is a reduced monthly fee for a National membership.
- Please note that Discovery Vitality debits the spouse fee and the National membership fee.

| Membership type | Member | 2021 fee |
|-----------------|-------------|-----------------------|
| Local | Main member | None |
| | Spouse | R270 |
| National | Main member | R240 |
| | Spouse | R510 (R240 + R270) |

The second member fees you pay – based on your gym contract start date:

- For members who joined up until and including 2006, a second member fee is not required as long as the member has both a Discovery Life policy and a Discovery Health policy.
 - If the member has a Discovery Health policy or a Discovery Life policy only, but not both, only members on Blue or Bronze Vitality status pay the second member fee. Members on Silver, Gold or Diamond Vitality status don't have to pay a second member fee.
- For members who joined in 2007 and have a Discovery Life policy or a Discovery Health policy, or both:
 - Only members on Blue or Bronze Vitality status pay the second member fee.
 - Members on Silver, Gold or Diamond Vitality status don't pay a second member fee.
- For members who joined in 2008 and 2009 and have a Discovery Life policy or a Discovery Health policy, or both, members have to pay the second member fees on all Vitality statuses.

The fees you pay for Planet Fitness National gym membership – based on your gym contract start date:

- Members who joined up until and including 2006:
 - The main member and spouse pay a National membership fee.
 - The spouse fee is not required as long as the member has both a Discovery Life and a Discovery Health policy.
 - If the member only has a Discovery Health or Discovery Life policy, but not both, they have to pay the spouse fee on a Blue or Bronze Vitality status.
 - The spouse fee is not payable on Silver, Gold or Diamond Vitality status.
- Members who joined in 2007:
 - The main member and spouse pay a National membership fee.
 - Only members on Blue or Bronze Vitality status pay a spouse fee.
 - Members on Silver, Gold or Diamond Vitality status don't pay a spouse fee.
 - The member must have a Discovery Life or Discovery Health policy, or both.
- Members who joined in 2008 to 2009:
 - The main member and spouse pay a National membership fee.
 - All members pay a spouse fee on all Vitality statuses

- The member must have a Discovery Life or Discovery Health policy, or both.

To keep the pre-2010 Vitality Planet Fitness gym benefit

- To keep your pre-2010 gym contract, you need to work out at the gym at least 36 times in a rolling 12-month period, and pay the spouse fee, if applicable, as detailed above.
- Only one gym workout a day will count towards your total 36 gym workouts.
- For your workout to be valid for this benefit, you must exercise for 30 minutes or more for each visit at your chosen health club.
- If you go to the gym fewer than 36 times in a rolling 12-month period, your gym benefit will be cancelled.
- You can start again, but the [post-2010 benefit rules](#) will apply:
 - If you rejoin in the month after your pre-2010 gym benefit is cancelled, you won't pay an activation or tag fee.
 - You will immediately qualify for a 50% saving on your monthly gym membership fee.
 - Once you have reached 36 gym workouts in a rolling 12-month period (including your past workouts), your saving will increase to up to 75% off on a Local club membership fee.
 - If you rejoin after one month from your pre-2010 gym benefit end date, you will have to pay a once-off gym activation fee equal to one month's full retail Local or National gym membership rate.
 - You will get a discount of up to 75% off the standard Local monthly gym fees.
- Under these rules, you will receive a discount on the standard Local monthly gym fees. You will have to complete 36 gym workouts in a rolling 12-month period to keep this discount.
- To find out about the health clubs, visit www.planetfitness.co.za or phone the Planet Fitness call centre on 0861 496 463.
- Certain restrictions apply to children under the age of 18 years. Find out more on www.planetfitness.co.za.
- If you'd like your children to join Planet Fitness at reduced Vitality gym rates, post-2010 benefit rules and rates would apply. View the [post-2010 Planet Fitness benefit guide](#) for details.
- Anyone who has this benefit but does not have a National membership must pay a guest fee when using any other club.

Please note: You cannot sign up for the pre-2010 gym benefit; you can only maintain it if you are still on it.

For more details, see the [post-2010 gym benefit](#).

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

- Record your workouts and earn Vitality points by scanning your access tag each time you visit 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 workout has been recorded.
- For your workout to be considered valid for the purposes of this benefit, you must exercise for longer than 30 minutes during each visit to your chosen health club.

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 per month by completing online workouts and tracking 10 000 steps or more.
- Points for all fitness activities are capped at 30 000 Vitality fitness points a year for each member.
- Please note that additional adult dependants are subject to separate limits and caps. Please consult the [Vitality Summary of Points Guide](#) for more information.
- For your workout to be valid for this benefit, you must exercise for 30 minutes or more for each visit at your chosen health club.
- To check your gym workouts, go to the [Vitality Gym Tracker](#). It will show you how many times you have worked out at the gym in the previous 12 months.
- The Vitality Gym Tracker reflects a rolling 12-month period.
- Your Vitality fitness points can take up to four days to reflect on your Vitality Points Tracker accessed through your profile on www.discovery.co.za.
- The main member on the Vitality policy will not have access to their spouse or adult dependant's gym workouts. Each gym member will only have access to their own dashboard.
- It is up to you to check that you have worked out at the Planet Fitness gym the required number of times in a rolling 12-month period.
- All Vitality fitness points you earn at the gym go towards the Vitality fitness points category.
- Vitality points will only be awarded for one fitness activity a day. If you complete two or more fitness activities in one day, then the higher of the points will be awarded.

Vitality rates and rewards for children who work out at the gym

If you'd like your children to join Planet Fitness at reduced Vitality gym rates, post-2010 benefit rules and rates would apply. View the [post-2010 Planet Fitness benefit guide](#) for details.

Children who take part in Vitality Active Rewards for Teens can also 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, for purposes of 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 utilising 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](#).

Upgrades, downgrades or transfers between health clubs

- If you want membership to all Planet Fitness health clubs in South Africa, you can upgrade to a National membership.
- Please see above for the monthly fees you will pay.
- If you want to upgrade or downgrade, you must call Discovery Vitality on 0860 99 88 77.
- If you want to change your chosen health club, then you will need to call Planet Fitness on 0861 496 463.
- Planet Fitness may charge an administration fee for these changes.

How to cancel your Vitality Planet Fitness membership

- If you would like to cancel your membership or Vitality discount, you will need to provide a month's notice to Discovery Vitality.
 - If the cancellation is processed **before the 10th** of the month, your discount notice period will run until the end of that month.
 - If the cancellation is processed **after the 10th** of the month, your discount notice period will run until the end of the following month.
- Your discount will stop at the end of your notice period.
- During the notice period, you may not start a Virgin Active benefit through Vitality.
- These rules apply with the rules of your pre-2010 Planet Fitness contract, which you would have received when you completed the application form.
- Please note that we cannot freeze or suspend your gym membership for any reason.

When this benefit ends

This benefit ends when your Vitality membership ends or you start a new gym contract subject to post-2010 terms and conditions.

Acceptance of benefit terms and conditions

By activating the Vitality gym benefit benefit, you agree to the limits, terms and conditions set out in this benefit guide.

Third-party consent when activating the Vitality gym benefit

By activating this benefit, you further consent that Discovery Vitality (Pty) Limited and Planet Fitness may share your payment and personal information as well as transaction data to administer the benefit effectively.

Need help or additional information?

If you have any questions or need more information about this benefit, please visit www.discovery.co.za and click on Vitality or call 0860 99 88 77.

If, for any reason, there is a conflict between rules in this benefit guide and the [Vitality Main Rules](#), the [Vitality Main Rules](#) will apply at all times.

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- [Ask Discovery on WhatsApp.](#)

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

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