



BOOK YOUR FREE GYM TOUR

Call us on 021 201 6687 or e-mail admin.ssw@wowgym.co.za

WHY CHOOSE WORLD OF WELLNESS?

At World of Wellness, we believe the best way to discover our gyms is to experience them for yourself. That is why we invite you to book a free gym tour with one of our friendly wellness consultants.

During your tour, you will have the chance to explore our state-of-the-art equipment, spacious workout areas, and dynamic group fitness studios. Our knowledgeable sales team will be on hand to answer all your questions and provide personalised recommendations tailored to your fitness goals.

Whether you are an experienced gym-goer or just starting your wellness journey, our free gym tours are the perfect way to see what makes World of Wellness the ideal destination for achieving your health and fitness.

TRAIN WITHOUT THE WAIT

World of Wellness is designed to keep your workouts flowing. With a wide selection of modern equipment and well-planned training areas, you can focus on your workout without unnecessary delays or overcrowding.

FACILITIES THAT FIT YOUR STYLE

Whether you enjoy strength training, cardio, functional workouts, or group fitness classes, our gym offers dedicated spaces to match your training style. Every area is designed to motivate you and help you train with purpose.

A SUPPORTIVE WELLNESS COMMUNITY

We pride ourselves on maintaining a balanced member environment. This means a more focused, welcoming atmosphere where you can train comfortably and feel part of a community that supports your goals.

EXPORT SUPPORT WHEN YOU NEED IT

Our knowledgeable trainers and wellness consultants are always available to guide you, offer advice, and help you stay on track whether you are just starting out or pushing toward new goals.

WELLNESS BEYOND THE WORKOUT

At World of Wellness, fitness is more than exercise. We promote a holistic approach to health that supports both physical performance and overall wellbeing, helping you achieve lasting results.

YOUR JOURNEY STARTS HERE

No matter your fitness level, World of Wellness is here to support, motivate, and inspire you every step of the way.