

Hello, I'm **Apps By Koketso**.  
I'm a full-stack mobile App developer.



See my work :-)

Gym Company App, The only app you need for your workouts and physical evolution.

- Gym Fitness & Workout is a personal trainer which will provide you with a series of tools and information that will help you achieve all your goals
- Manage your Gym company account straight from the Gym company App
- Locate Gym company branch
- Record your Workouts on App
- Exercise guide on App (The Coach)
- Nutrition guide
- PROFILE Gym Fitness & Workout

Download from Play store - [NOT AVAILABLE](#). Email me to request latest .APK file (Android installation file)

Screen shots



## Official Gym Company App





Login



Email Us



Call A Gym



Fitness Pro's



Group Fitness



Spa



Membership



New Sites



Careers



Disclaimer



Developer



About





# Sign in

## Welcome Back.



Developer Test



Sign in with Email



Sign in with Google



Sign in with Facebook



Sign in with Twitter



Sign in with Microsoft





# Hello, Developer Account

Weather: Clouds, overcast clouds  
19°C - 25°C



Start

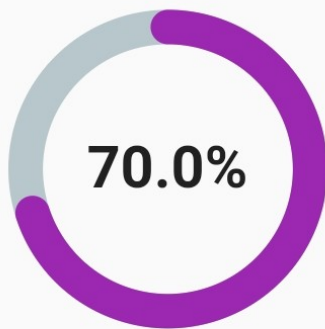
**70 KG**

Current

**67 KG**

Goal

**65 KG**



**In progress**

**21 August 2019**

Complete your goal

My work out plan

**\*History**



Dashboard



Gyms



Coach



Exercises



More





70.0%

21 August 2019

Complete your goal

My work out plan

**\*History****My profile**

Update here

**Notifications**

Settings

**Gym tip of the day**

Your workout doesn't start when you walk into the gym –it begins when you wake up in the morning and continues throughout the day. Preparations go beyond just packing your gym bag. They start with eating the right things at the right times to increase your body's productivity at the gym. In addition to your usual nutritional goals, you should observe these tips to power you through your workout.



Dashboard



Gyms



Coach



Exercises



More

Thu  
19Fri  
20Sat  
21Sun  
22Mon  
23Tue  
24Wed  
25**Johannesburg Winchester Hills**

Closes 22:00

**Johannesburg Ormonde**

Closed. Opens 05:00

**Johannesburg Baragwanath**

Closed. Opens 05:00

**Johannesburg Maponya Mall**

Closed. Opens 05:00

**Johannesburg Newtown**

Closes 22:00

**Johannesburg Gandhi Square**

Closed. Opens 05:00



Dashboard



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## Johannesburg Winchester Hills

[Times & Facility](#)[Group fitness Timetable](#)[Trainers](#)[Get Directions](#)

## Johannesburg Winchester Hills

Closes 22:00

1 Aua Street, Winchester Hills, Johannesburg, 2091

### FACILITIES:

Cardio Zone, Weight Training Zone, 15 Minute Toning Circuit, Group Fitness Studio, Indoor Cycling Studio, Platinum Group Personal Training Zone\*, Squash Courts, Outdoor Leisure Pool, Boxing Ring, Ladies Only Training Zone, Stretching Zone, Gym Kids (Kids Play Zone), Gym Shop (Supplements and Gym Gear Shop), 24/7 Vending Machine, Change Rooms with Lockers, Saunas

### GYM OPERATING HOURS

## First Month at the Gym

The hardest part of getting fit is over – you actually started making changes, stuck with them for more than a few days, and lost some weight.

[Select](#)

## Bulky Muscle

There is no such thing as lean muscle, bulky muscle or toned muscle. Muscle is muscle. There is no muscle that is lean and another that is bulky and another that is toned. ... Instead, it has everything to do with the amount of muscle a person has built along.

[Select](#)

## Lean Muscle

Lean Body Mass (also sometimes known as simply “lean mass,” likely the source of the word “lean muscle”) is the total weight of your body minus all the weight due to your fat mass

[Select](#)

Dashboard



Gyms



Coach

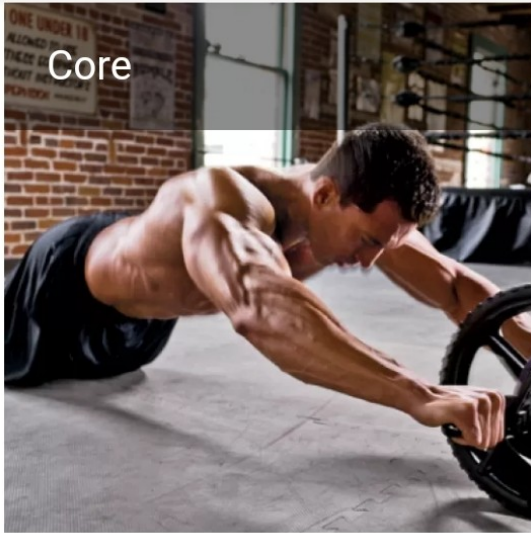


Exercises



More

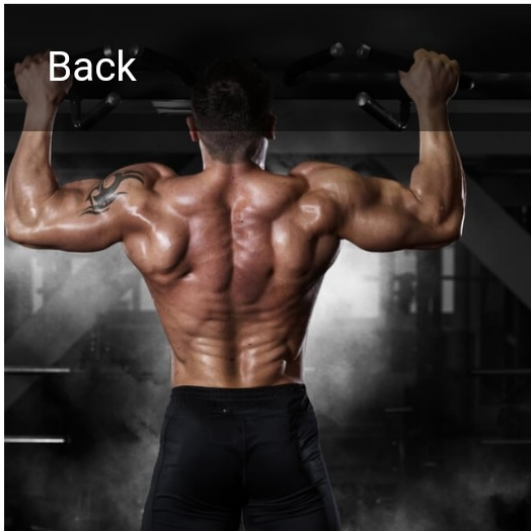
Core



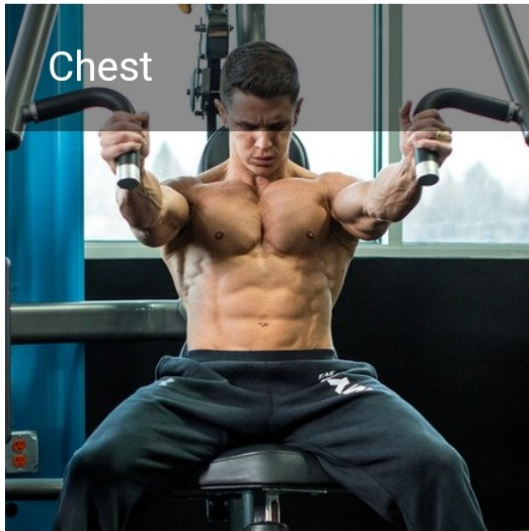
Arms



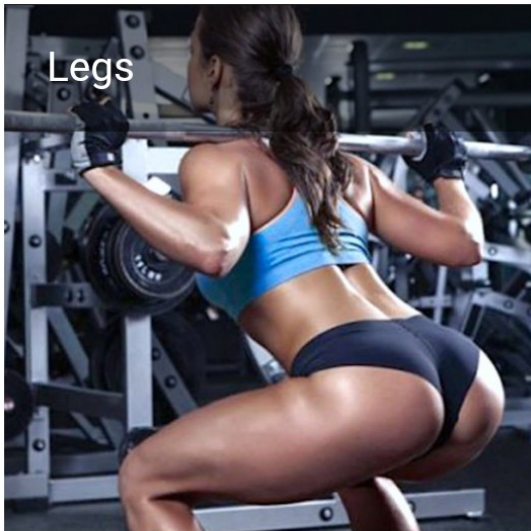
Back



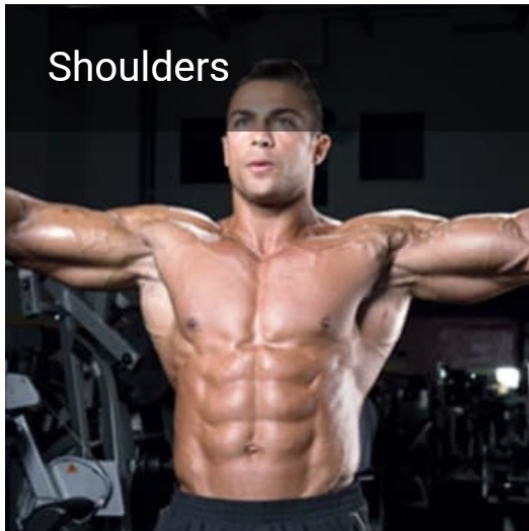
Chest



Legs



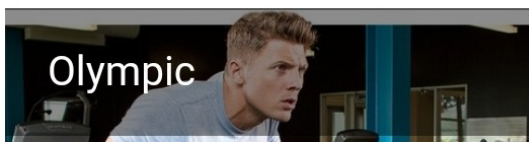
Shoulders



Stretching



Olympic



Dashboard



Gyms



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Excercises



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# AB Wheel

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## Instructions

- Hold the ab wheel with both hands and kneel on the floor.
- Place the ab roller on the floor in front of your knees. This is your starting position.
- Slowly roll the wheel forward in a controlled manner, stretching out the torso as far as you can without touching the floor with your body.
- Stop when fully stretched and pause for a moment.
- Pull yourself back to the starting position by contracting your abs.



## Extras



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My Workout



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Kind regards

Apps by Koketso :-)