

PILATES DYNAMICS IN-STUDIO PRICE LIST

SPECIAL POPULATION PILATES CATEGORY RATES

- 1. SENIORS** (Above 65 Years)
Group Monthly: (unlimited) **R650**
Drop-in rate per class **R150**
- 2. KIDZ & TEENS** (Ages from 5-12 years)
- Private: **R280 p/p** (45 min) per class
- Group Monthly 30 minutes:
(unlimited) **R500**
Drop-in rate per class **R120**
- 3. PREGGY**
Group Monthly: (unlimited) **R650**
Drop-in rate per class **R150**

PRIVATE CLASS RATES Option 1

(PILATES **LARGE MACHINES**
& ALL Small Equipment Incl.
TRX; Barre & Trampolines)
Per Class – Per Person

Private: R370
Duo: R270
Trio: R220

Students : **R333**

PRIVATE CLASS RATES Option 2

YOGA and PILATES
(**Mat & Small Equipment** Incl.
TRX; Barre & Trampolines)
Per Class – Per Person

Private: R350
Duo: R250
Trio: R200

Students : **R315**

- ❖ **Bookings are essential**
- ❖ **No Credits**
- ❖ **FREE GROUP Trial Class**

- ❖ **Unlimited GROUP Classes**
- ❖ **Discovery Vitality Points**
- ❖ **All adult classes are 60mins**

GROUP CLASS RATES Option 1

PILATES
Mat & Small Equipment

Monthly Fee:

Monthly (unlimited) **R700**
Drop-in rate per class
R150

Students : **R630**

GROUP CLASS RATES Option 2

YOGA
Hatha & Vinyasa
Monthly Fee:

Monthly (unlimited)
R700
Drop-in rate per class
R150

Students : **R630**

GROUP CLASS RATES Option 3

PILATES
**Large Machines & All
Small Equipment**

Monthly Fee:

Monthly (unlimited) **R850**
Drop-in rate per class
R150

Students: **R765**

OTHER SERVICES

Option 1

Orientation/Initial Assessment
for beginners
R250 Per Class – Per Person
(50 minutes)

Option 2

Weigh, Measure
& Body Fat Analysis
R250 Per session – Per Person
(30 minutes)