

# 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  
**R180 Per session – Per Person**  
(30 minutes)