

PILATES DYNAMICS-C/0 2 NICOLYN & SILVER PINE AVE RUITERHOF RANDBURG
CONTACT: 0729992229/ 0117925459 OR info@pilatesdynamics.co.za



Private Classes				
Rate shown is Per Person-Per Class (Monthly bookings required)				
	Private	Duo (2 People)	Trio(3 People)	Quad (4 People)
Option 1: Pilates Classes (Large & Small Equipment)	R405	R240	R210	R190
Option 2: Yoga & Pilates (Mat & Small Equipment)	R385	R215	R180	R160
Weigh, Measure & Body Fat Analysis (Free Service To Private Clients)				

Group Classes				
Monthly Rates shown below				
	1x Weekly	2x Weekly	3x Weekly	Drop In Rate Per Class
Option 1: Yoga (Vinyasa)	R470	R800	R1,150	R160
Option 2: Pilates (Mat & Small Equipment)	R470	R800	R1,150	R160
Option 3: Pilates (Large & Small Equipment)	R575	R1,015	R1,440	R180
Option 4: Combo option 2 & 3 Pilates (Mat & Large Equipment)	N/A	R920	N/A	N/A

Special Population				
Group Fee 1x Monthly Rate / Private Rate is Per Person - Per Class (Monthly bookings required)				
	Group Monthly 1x Weekly	Drop In Rate Per Class	Private	Duo (2 People)
Senior (Above 65 Years Old)	R470	R160		
Kids & Teen (5-12 Years Old)(45min)	R470	R160	R300	R160
Preggy	R470	R160		

Other Services (Once off)	
Group Class Orientation/ Initial Assesment For Beginners (55min)	R250 Per Class- Per Person
Body Posture Analysis (60min)	R420 Per Person