

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



<b>Private Classes</b>				
Rate shown is Per Person-Per Class (Monthly bookings required)				
	Private	Duo (2 People)	Trio(3 People)	Quad (4 People)
<b>Option 1: Pilates Classes (Large &amp; Small Equipment)</b>	R425	R250	R220	R200
<b>Option 2: Yoga &amp; Pilates (Mat &amp; Small Equipment)</b>	R400	R225	R190	R170
Weigh, Measure & Body Fat Analysis (Free Service To Private Clients)				

<b>Group Classes</b>				
Monthly Rates shown below				
	1x Weekly	2x Weekly	3x Weekly	Drop In Rate Per Class
<b>Option 1: Yoga (Vinyasa)</b>	R495	R840	R1,210	R170
<b>Option 2: Pilates (Mat &amp; Small Equipment)</b>	R495	R840	R1,210	R170
<b>Option 3: Pilates (Large &amp; Small Equipment)</b>	R600	R1,065	R1,510	R190
<b>Option 4: Combo option 2 &amp; 3 Pilates (Mat &amp; Large Equipment)</b>	N/A	R970	N/A	N/A

<b>Kids</b>				
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)
<b>Kids &amp; Teen ( 5-12 Years Old)(45min)</b>	R495	R170	R315	R170

<b>Other Services (Once off)</b>	
<b>Group Class Orientation/ Initial Assesment For Beginners (55min)</b>	R265 Per Class- Per Person
<b>Body Posture Analysis (60min)</b>	R450 Per Person

<b>IV Drips</b>	
Wellness cocktail, Flawless Skin, Sports Endurance, Hangover, Immune Boost, Rejuvenate, Veg'n Boost	Between R850 & R1450