

Procedure / Class	Price (R)
Biokinetics	
Biokinetics Assessment	800.00
Biokinetics Reassessment	735.00
Biokinetics Session	Between 400.00 and 680.00
Stretching And Mobility Sessions	
Initial Assessment	380.00
30 Minute Stretching and Mobility Session	345.00
Sports Massage	
1 Hour Session	625.00
45 Minute Session	515.00
30 Minute Session	400.00
*Packages available on request	
Yoga	
Yoga One on One	500.00
Yoga Class	215.00
Pilates	
Pilates Equipment - One on One	610.00
Pilates Equipment Class (Max 4)	325.00
Pilates Barre Class	280.00
Pilates Duo	425.00
Pilates Matwork - One on One	535.00
Pilates Matwork Class	295.00
Watt Bikes	
Watt Bike Session - 1 hour	155.00
Watt Bike Session - Monthly	430.00
Watt Bike training package (initial assessment, training programme, 2 one on one training sessions plus 2 watt bike sessions)	1,985.00
Fitness Assessments	
Discovery Vitality Assessment	460.10
Momentum VLC Fitness assessment	TBA
Aqua	
Initial Assessment	430.00
One on One Hydro Therapy Session	680.00
Aquarobics Session (Class)	190.00
Aqua Packages	
2 x Per Week Aqua Sessions	1,350.00
3 x Per Week Aqua Sessions	1,995.00
* Per Calendar Month, Payable in advance	
Packages - Pilates Equipment, Pilates Mat, Dance Fitness or Yoga	
2 x Per Week Pilates Equipment	2,380.00
2 x Per Week Yoga Exclusive	1,510.00
2 x Per Week *Choice of Pilates Mat, Dance Fitness or Yoga	1,890.00
3 x Per Week Yoga Exclusive	1,995.00
3 x Per Week *Choice of Pilates Mat, Dance Fitness or Yoga	2,550.00
Packages - Sports Massage	
Monthly Package: 4 x Per month - Receive a 30min massage free	
- 30 Minutes	1,520.00
- 45 Minutes	1,960.00
- 60 Minutes	2,380.00
6 Month Package 1 x Per Month - Receive a 45 min massage free	
- 30 Minutes	2,280.00
- 45 Minutes	2,940.00
- 60 Minutes	3,570.00
12 Month Package: 1 x Per Month - Receive a 60 min massage free	
- 30 Minutes	4,560.00
- 45 Minutes	5,880.00
- 60 Minutes	7,140.00

* Per Calendar Month, Payable in advance