

Health & Wellness Centre



PRICE LIST 2024 *Packages*

	Price
Aqua	
2 x Per Week Aqua Sessions	R1 595
3 x Per Week Aqua Sessions	R2 270
* Per Calender Month, Payable in advance	
Pilates Equipment, Mat and Barre	
1 x Per Week Pilates Equipment One-On-One	R2 250
2 x Per Week Pilates Equipment One-On-One	R4 410
1 x Per Week Pilates Duo Equipment	R1 595
2 x Per Week Pilates Duo Equipment	R3 110
2 x Per Week Pilates Family Duo Equipment	R5 865
1 x Per Week Pilates Group Equipment	R1 240
2 x Per Week Pilates Group Equipment	R2 395
1 x Per Week Pilates Group Mat	R1 050
2 x Per Week Pilates Group Mat	R2 015
1 x Per Week Group Barre	R695
2 x Per Week Group Barre	R1 305
* Per Calender Month, Payable in advance	
Sports Massage	
Monthly Package: 4 x Per month	
Receive a 30min massage free	
30 Minutes	R1 805
45 Minutes	R2 290
60 Minutes	R2 795
* Per Calender Month, Payable in advance	
Fitness Group Classes	
Single	R150
Package of 5	R640
Package of 10	R1 200
Package of 20	R2 250
* Valid for 12 Weeks	