

Health & Wellness Centre



PRICE LIST 2024

Procedure / Class	Price
Biokinetics	
Biokinetics Assessment	R975
Biokinetics Reassessment	R880
Biokinetics Session	R785
Stretching And Mobility Sessions	
Initial Assessment	R455
30 Minute Stretching and Mobility Session	R415
Stretching and Personal Training	
DUET	
Sports Massage	
1 Hour Session	R750
45 Minute Session	R615
30 Minute Session	R485
Pilates	
Pilates Equipment - One on One	R615
Pilates Equipment Class (Max 4)	R360
Pilates Duo Equipment	R450
Pilates Matwork - One on One	R560
Pilates Matwork Class	R315
Pilates Barre Class	R225
Watt Bikes	
Watt Bike Session - 1 hour	R185
Watt Bike Session - Monthly	R520
Watt Bike training package (initial assessment, training programme, 2 one on one training sessions plus 2 watt bike sessions)	R2 390
Fitness Assessments	
Discovery Vitality Assessment	
Momentum VLC Fitness assessment	
Aqua	
Initial Assessment One on One	R515
One on One Hydro Therapy Session	R790
Aquarobics Session (Class)	R230

* Per Calendar Month, Payable in advance **Bookings Essential**