



Pilates at Val de Vie

Benefits of Pilates:

Improves fitness
Improves Flexibility
Improves Strength
Increased Vitality
Improves Balance

Improves Posture
Less Stress and strain
Pain Reduction
Improves Core strength
Improves Muscle tone

Improves Immune System
Rehabilitation of Injuries
Improves Sport Results
Reduce risk of Injury
Improves Joint Mobility

Pilates is a system of exercises created by Joseph Pilates in the 1880's. It caters for all ages and ranges from cross training for a super fit athlete to daily fitness and rehabilitation of muscles. Pilates are for all; if you want to feel fit and healthy or if you want to improve any of the above, Pilates can help you to achieve just that. Pilates will highlight your weaker areas and will take you from strength to strength at you own pace.

Pilates terms and conditions:

All Pilates classes have an extra cost and are not included in your monthly Health Club fee. Choose between Group or Private Classes. Group Classes will host a maximum of 6 people, make sure you book in advance!

<u>Pilates Group Classes:</u>	<u>Pilates Private Classes:</u>
10 Sessions: R1000 (R100 p/s)	10 Sessions: R 1900 (R190 p/s)
20 Sessions: R1800 (R90p/s)	20 Sessions: R 3600 (180 p/s)
50 Sessions: R4000 (R80 p/s)	50 Sessions: R 8500 (170 p/s)

Before slotting into a Pilates class it is essential to come for a full **Posture Analysis** and to fill in a medical **screening** form. The Posture Analysis are for **free** there after; it is essential to book **3 private sessions** with the instructor at a cost **of R190 each** so to explain and demonstrate exercises as well as to revise your medical screening form. Times that suit you will be scheduled with the Instructor.

- All Pilates classes must be pre-booked!
- Pilates classes must be pre-paid before starting of sessions.
- No one will be allowed without a booking or proof of payment.
- Pilates classes **are not for free** even if you are a home owner or resident!
- Sessions can be bought and pre-booked at the Health Club.
- No trainers or shoes will be aloud in Pilates classes – socks welcome.
- You **must** have a small towel with you in a Pilates class.
- Please ensure that you arrive 10 min prior to your booking.
- “No Shows” will be charged if they haven’t given notice to cancel their booking twelve (12) hours prior to booked session.
- Booking can be made via telephone, please feel free to contact us for any information regarding Pilates classes.

Private at home and group classes at home are available – Please contact us for more information.

Bookings and information:

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