

pilates & co.

REFORMER STUDIO BROCHURE

ESTABLISHED 2026 • SOUTH AFRICA

Our Philosophy

Intentional Movement. Balanced Living.

At pilates & co., we break away from high-stress, high-cortisol fitness regimes. Our architectural layouts match our approach to movement: curated, intentional, and clutter-free. We believe true physiological strength is built through precision, controlled core alignment, and breath tracking rather than pure physical exhaustion.

The Clean Girl Aesthetic

Designed seamlessly to complement an elite, low-impact modern lifestyle. Every class focuses on elongated posture, joint stabilization, and mental grounding, leaving you deeply revitalized, glowing, and balanced.

Studio Rules & Compliance

To honor our studio ecosystem, grip socks are strictly mandatory during all reformer sequences. Please arrive 10 minutes early to ground yourself and align your equipment prior to class launch.

Studio Memberships & Rates

Curated Tier Options & Packages

Select the tier that fluidly aligns with your weekly routine and physical lifestyle goals.

Package Tier	Description & Access Details	Rate (ZAR)
Single Drop-In	Single classic reformer class access. Valid 30 days.	R320
Lite Pack	4 seasonal classes monthly. Best for cross-training routines.	R1,150
Standard Balance	8 premium classes monthly. Our recommended tier framework.	R2,100
Co. Collective	Unlimited access to all signature open studio sessions.	R3,650
Private Consult	1-on-1 private dynamic posture analysis and custom sequencing.	R750

This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes.