



COCO Pilates

INFORMATION GUIDE





COCOPilates

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WELCOME TO COCO PILATES

COCO Pilates Studio is located in Sandton, Johannesburg, SA. The Boutique Studio offers Reformer & Mat pilates classes in private, duet, quartet & small group sessions. Complimenting a healthy lifestyle we also offer health services such as Sports Massage, Recovery Sessions and Health Coaching.

The Studio setting is private and serene, giving you a moment to escape from city life and breathe.

We invite you join COCO Pilates and Lifestyle.

WWW.COCOPILATES.CO.ZA

Click here



COCO Pilates

PILATES



PRIVATE REFORMER CLASS

One client per session.

Private sessions are facilitated in the COCO Lifestyle studio. The luxury private studio is fitted with the exceptional Balanced Body Alegro 2 Reformer Tower unit. Tower classes combine elements of mat work with the addition of the tower springs to add challenge, and assist movement. The classes also offer all traditional aspects of Reformer pilates for a complete full body workout.

Reformer Pilates offers clients the opportunity to add a variable resistance source to their body's movement, benefiting overall strength, flexibility, coordination, and balance. The resistance from the Reformer allows muscles to lengthen as it resists, achieving long and strong muscles without adding unnecessary bulk.

This in turn leads to improvements in daily life: Increased core strength, better posture, graceful and efficient movement, and for many, pain relief from associated physical imbalances, such as back pain.

In the COCO Lifestyle studio we will focus on private session catering for pilates beginners, special rehabilitation clients and advance level students.

Our technically trained team of teachers will be specifically placed with individual clients to best serve their individual needs.

Private classes mainly take place in the COCO Lifestyle Studio (Upstairs), please check your booking for confirmation.

Please see page 17 for access details.

[SEE CLASS SCHEDULE](#)

Click here



COCO Pilates

QUARTET REFORMER CLASSES

Four clients per session.

Our popular Quartet Reformer Sessions are facilitated in the COCO Pilates Reformer Studio. We offer a personal touch with only four clients per session. In a small group every client receive attention according to their unique, individual needs and goals.

The COCO Pilates Reformer Studio is fitted with four Allegro 2 Body Balance Reformers, offering spring-based resistance training, supported by COCO Pilate's trademark professional and caring atmosphere.

All instructors are friendly and approachable, with your best interests at heart.

Our quartet classes are not distinguished by level, age or fitness level. We pride ourselves in being an all-inclusive studio and our teachers are specifically trained to work with a diverse small group of people. Before joining a quartet class, we recommend you book at least one private session for teachers to get to know you and advise the best for your Pilates journey.

Quartet classes offer a fun and friendly environment where we work hard and play hard in a safe and caring space.

Quartet classes take place in the COCO Pilates Reformer Studio next to the Spa.

Please see page 17 for access details.

[SEE CLASS SCHEDULE](#)

Click here



COCO Pilates

PILATES MAT CLASSES

Six clients per session.

Mat Pilates and Reformer Pilates are two dynamic and complimentary forms of exercise.

Why Choose Just One, Let's Do Both!

Combining Mat Pilates and Reformer Pilates can lead to a well-rounded and effective workout. It helps to break through plateaus, prevent injuries, and reach fitness goals.

We offer a variety of Mat classes to select from.

PILATES FOUNDATION MAT CLASSES accommodate all levels of fitness. The class focuses on pilates principles, teaching and fine tuning fundamental movements in your pilates practice.

MAT PILATES FLOW CLASSES incorporate small props into a flowing pilates session. Pilates experience is recommended for anyone interested in joining this class.

PILATES GLOW is an active cardio centred class that will leave you feeling rejuvenated and glowing. This class includes jumping activities and are recommended for injury free bodies.

STRETCH & BREATHE CLASSES is suitable for everyone. We offer a kind and accepting environment for you to come and relax, release and rejuvenate. Improve your flexibility and gain stability and serenity with guided breathing techniques.

Mat classes take place in the COCO Pilates Mat Studio. Please be on time for your lesson, client more than 5 min late will not be able to access the studio as the teacher has to accompany you upstairs.

Please see page 17 for access details.

[SEE CLASS SCHEDULE](#)

Click here

CLASS RATES

Classes are 55min

PRIVATE REFORMER

Casual Booking
R510 per class

Weekly Booking
1 Class per week
R470 per class

Weekly booking
2 Classes per week
R440 per class

If you would like to invite someone to join your private session an additional charge of R280 will be added.

Duet classes can be arranged at R375 p/p p/class

QUARTET REFORMER

Casual booking
R315 p/p per class

Weekly booking
1 Class per week
R270 p/p per class

Weekly booking
2 Classes per week
R250 p/p per class

10 Class Pack
Valid for 3 months
R2695 per pack

5 Class Pack
Valid for 2 months
R1595 per pack

PILATES MAT GROUP

Casual booking
R200 p/p per class

Weekly booking
R190 p/p per class

5 Class Pack
Valid for 2 months
R1000 per pack

Unlimited Pack
Valid for 1 month
R1950 per pack



COCOPilates

All booking T&C's apply

BOOKING TYPES

There are different booking options to suit your needs. Please have a look at below descriptions to decide what would work best for you.

Casual bookings are for when you want to attend one activity or session only, or attend on a pay-as-you-go basis. Casual bookings allow you to book classes whenever they suite you.

Weekly bookings are for when you want to commit to attending the same activity (day and time) every week indefinitely. Payment is due on a monthly basis, for the month in advance.

- If you are away for a period eg. holiday, please understand that you will still be invoiced for your classes. This is to ensure your space on the schedule is maintained and that you receive the the multiple booking discount.

- Missed classes may be rescheduled within a 3 month period in any available time slot if rescheduled as per cancellation policy.

Pack classes offer more flexibility to your booking schedule. Classes are available to book at your convenience. Please note that you will have the responsibility to schedule your classes on the Bookamat platform within booking period. Classes not booked will be forfeited.

10 Pack - available for 3 month booking period.

5 Pack - available for 2 month booking period.

Unlimited package - available for Mat class for the duration of 1 month. Classes will not be carried over to the next month.

T&C's

- *bookings valid as described above.*
- *class booking essential, no walk in.*
- *cancellation essential, no shows will be charged class rate per lesson missed.*
- *unlimited class packs are for paying client only, credits may not be used to book for friends.*
- *rates are non refundable.*
- *payment policy apply as set out on pg18.*
- *cancelation policy apply as set out on pg19.*



COCOPilates

HEALTH





SPORTS MASSAGE

Sports massage is a form of deep soft tissue mobilisation. Both sporting and non-sporting situations are appropriate for a sports massage. A sports massage targets musculoskeletal stiffness and pain in addition to relaxing the muscular skeletal system as a whole.

Please arrive 10min before your appointment time start. All cancelations within 12 hours of appointment time will be billed in full.

You will be supplied with a robe should the massage require you to reveal skin. Please inform COCO Pilates 48h prior to your session if you have any skin allergies.

FIND OUT MORE AND BOOK NOW

[Click here](#)



AIR COMPRESSION RECOVERY SESSIONS

Our recovery sessions make use of the latest technology in air compression.

Hyperice Normatec 3 use dynamic air compression to advance your wellness, recover faster, improve your training, and maximise your performance. Normatec's patented precision pulse technology helps to increase circulation, revive muscles, and reduce swelling and has long been the choice of elite athletes and consumers throughout the globe.

Each session is facilitated by a trained professional that will insure the correct program for your specific recovery needs.

TO BOOK CONTACT ADMIN@COCOPILATES.CO.ZA

[Click here](#)



HEALTH & LIFESTYLE COACHING

Being active is only one part of a health journey, and COCO Pilates would like to give you a holistic approach to your health. Health Coaching is an integrated nutrition and lifestyle coaching approach to help you achieve your goals. We work on setting small stepping stones to achieve greater milestones. Working with a Health Coach can improve your energy levels, manage your stress, correct unhealthy habits and assist in reaching a healthy weight for your body and so much more.

Let's get healthy together by creating your customised programme.

Antionette will be your accountability partner, support and guide you to:

- find clarity about what you want from your health and life.*
- create a healthy body, mind and soul by integrating healthier dietary and lifestyle habits into your daily life.*
- overcome challenges and limiting beliefs.*
- feel great in your body, self-empowered and confident.*

Antoinette is a certified Zest4life Health Coach and member of the Health Coaches Association.

“MY MISSION Is to try and prevent those lifestyle diseases as best as I can by teaching people how to live a healthy and balanced life. I have transitioned through menopause and at 60, I feel happy, healthy, energized and believe that I will continue to feel this way with the lifestyle habits I have formed.”



TO BOOK CONTACT ADMIN@COCOPILATES.CO.ZA

Click here



BIODYNAMIC CRANIOSACRAL THERAPY

What is Biodynamic Craniosacral Therapy?

It is a gentle, safe, non-manipulative, light touch therapy to help release trauma, stress and tension within the body.

It allows for a deep state of relaxation in which it utilises the human bodies natural ability to heal itself.

The light touch supports and encourages these natural fluid systems to reestablish balance physically, mentally and emotionally.

Kushma is a qualified Biodynamic Craniosacral Therapist (BCST) trained through the Atmada Institute in South Africa. A member of the Craniosacral Therapy Association of South Africa.

Her objective is to provide a safe and supportive space for the body to release and be able to heal. She welcomes people of all walks of life and treats people from babies to the elderly.



**Contact Kushma directly on +27722205064
e: kushma.morar@gmail.com | w: www.kushmamorar.com**

KUSHMA MORAR

HEALTH SERVICE RATES

SPORTS MASSAGE

1 hour sessions

Casual Booking
R700 per session

3 Session Pack
Valid for 2 months
R1950 per pack

Weekly booking
R650 per session

RECOVERY SESSIONS

Casual booking
R150 per session
30 min sessions

CRANIOSACRAL THERAPY

Casual booking
R850 per Adult
R650 per Child

5 Session Pack
R4000 per Adult
R3000 per Child

10 Session Pack
R8000 per Adult
R6000 per Child

All Craniosacral
Therapy sessions to
be booked directly
with Kushma Morar

HEALTH & LIFE COACHING

First consultation
Complimentary
30 min sessions

Essential 4 weeks
R2200 per pack
Initial 1h consultation
3x 45min follow ups

Advance 8 weeks
R4400 per pack
Initial 1h consultation
7x 45min follow ups

Ultimate 12 weeks
R6000 per pack
Initial 1h consultation
11x 45min follow ups

All programs include:

- Personalized nutritional advice and coaching.
- whatsapp and email support



COCO Pilates

BOOKING



HOW TO MAKE A BOOKING

Please complete below registration form to give COCO Pilates a brief background.

COCO PILATES REGISTRATION FORM

[Click here](#)

Step 1: Register with COCO Pilates on Bookamat

BOOKAMAT REGISTRATION

[Click here](#)

Step 2: Select “New Booking”
Find an activity and select your booking type option. Add to Basket.

Step 3: Pay via Bookamat to have the classes immediately activated or pay via EFT and notify COCO Pilates to activate your bookings.

Step 4: Once payment is confirmed, the booking will be moved to the Booked page.

COCO Pilates

www.cocopilates.co.za

HOW TO MANAGE YOUR ACCOUNT

We would like to encourage clients to manage your account on the BOOKAMAT platform.

This will give you the opportunity pay via Bookamat for classes to reflect immediately, you can reschedule classes at your own convenience and avoid communication delays or miscommunication with COCO Pilates.

Below links will give you step by step guidance on how to manage your account

HOW TO RESCHEDULE YOUR CLASS

[Click here](#)

HOW TO BOOK A CREDIT

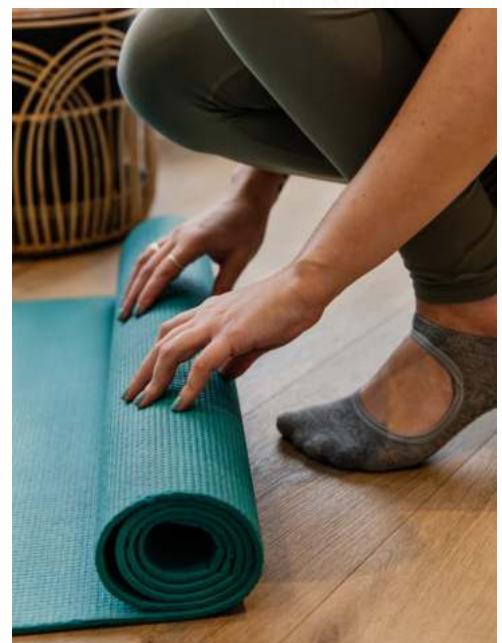
[Click here](#)

BOOKAMAT USER GUIDE

[Click here](#)

BOOKAMAT HELP CENTRE

[Click here](#)



STUDIO ACCESS & FACILITIES

*COCO Pilates is located in @Sandton Hotel
5 Benmore Road, Benmore Gardens
Sandton, Johannesburg
South Africa*

STUDIO LOCATION

[Click here](#)

Parking: Upon entering the hotel parking proceed to B2 parking for 2 hours complimentary parking.

Access to COCO Pilates Reformer Studio:

To access the studio come up to B1 level. From the cellphone shop walk out the sliding doors towards the Piazza. Continue up the stairs to the right of the Deli. Take a left at the ramp towards the COCO Pilates branding on the windows. Glass door next to the branding access the Studio.

Access to COCO Pilates Lifestyle & Mat Studios:

To access the studio come up to the Hotel Ground level. Walk past reception counters towards the Spa. Please wait at the coffee bar in front of the Spa, the teacher/practitioner will meet you there to take you up to the Studio on the Mezzanine level.

Facilities:

Changing, shower & restroom facilities are available. Please bring your own towel. Please note that there are no hairdryer facilities available.

Discovery Vitality:

COCO Pilates is a Discovery Vitality partner. You can earn 100 points per lesson.



PAYMENT OPTIONS

All class payments are due upfront monthly by the 1st. Please be aware that you pay for a slot in the Pilates schedule, if fees are not received timeously your slot will not be secure.

Payment options:

EFT - Banking details as per invoice.

Bookamat online payment - Please note that 5% admin fee is charged to your account for paying via Bookamat.

YOCO - Studio merchandise are payable via card. To settle class accounts via card payment please note that 5% admin fee will be charged to your invoice.

COCO PILATES is a cash free facility.



CANCELLATION POLICY

COCO Pilates act on a 12 hour cancellation policy.

Clients that cancel before this period will be able to reschedule a class in any available time slots within a 3 month period.

Classes booked as weekly bookings will not be substituted for the next months bookings. You are welcome to use credits to book for a friend to join you for class.

Class cancellation within 12 hours before scheduled class time will be forfeited.

If you are unable to continue with lessons kindly give a monthly notice in advance.

We appreciate your cooperation, kindly respect the teachers time and fellow members. Please be on time for class. Should you be more than 10 minutes late the class will be forfeited.

All class cancellations and/or rescheduling should be done on the Bookamat Platform.

MEET THE TEACHERS



**CLARISA
STRACK VAN SCHYNDEL**

Clarisa, COCO Pilates owner and teacher. Her passion for holistic health motivates overall wellness when working with clients.



REBECCA MADDOX

Rebecca, Reformer & Mat pilates teacher. Her deep routed passion for health and caring shines when working with clients.



FIONA MORGAN

Fiona, Reformer teacher & Physiotherapist. Fiona finds great passion in working with people.



NONI NDHLOVU

Noni's journey started in through BASI Pilates in 2014. Since then, she continues to attend Pilates workshops to enhance her knowledge. Noni's passion is movement.

[READ MORE ABOUT OUR TEACHERS](#)

[Click here](#)

MEET THE TEACHERS



GEORGIE BOWEN

Georgie, Pilates teacher. Her passion for Pilates drives her to continuously learn, grow, and evolve in order to provide the best guidance possible.

[READ MORE ABOUT OUR TEACHERS](#)

Click here

MEET OUR TEAM



ADMIN

Our friendly admin assistant is there to help you with your booking and scheduling needs.



CAILEY ALARAJU

Cailey, social media manager. Her motto is to create designs that can inspire awe in your mind.

ADMIN

Email: info@cocopilates.co.za

WhatsApp: +27 78 094 9560

SOCIAL MEDIA

Email: caileyalaraju23@gmail.com



DO I NEED PRIVATE CLASSES?

Private classes are recommended to new clients who have not done reformer pilates before. Any clients with a medical condition would also be advised to start with private classes.



HOW MANY CLASSES SHOULD I DO PER WEEK?

Be realistic about time & budget when you commit to classes. Consistency is key. Two classes per week is ideal, however one class a week if combined with other activity is also sufficient.



HOW LONG WILL IT TAKE BEFORE I SEE A DIFFERENCE?

This all depend on your personal goals and commitment level. After doing pilates for a month you will start developing an mindful awareness of your body.



I'M UNFIT AND OVERWEIGHT, CAN I DO PILATES?

Absolutely yes!! Pilates is for everyone, and at COCO Pilates we will make you feel comfortable and welcome so that you can focus on improving your overall wellness.

WHY YOU SHOULD DO PILATES?

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength.

This helps to improve general fitness and overall well-being.

Pilates will improve your posture, balance and flexibility. In Pilates the chance of injury is much lower than with other more strenuous forms of exercise.

Pilates also focuses on the mind-body connection. While doing the various exercises your mind needs to be constantly aware of your breathing and the way your body moves.

- *Reduced anxiety and stress*
- *Increased energy levels*
- *Improved flexibility*
- *Improved memory and thinking through concentration and breathing exercises*
- *Improved spine alignment*
- *Improved core strength*
- *Better quality of sleep*
- *Increased focus and mental alertness*
- *Enhanced immune system functioning*
- *Increased productivity and motivation*
- *Improves your balance*
- *Gives you a general sense of well-being*
- *Gain and maintain good posture*
- *Flat abdominal muscles*
- *It is suitable both for beginners and for people who already exercise regularly*



CONTACT

*Location:
@Sandton Hotel
5 Benmore Road
Benmore Gardens
Johannesburg*

ADMIN

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SOCIAL MEDIA

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CONTACT US

We would love to hear from you!