

# CORE CONCEPTS

## pilates rehabilitation

PILATES STUDIO NOW OPEN IN THE NEIGHBOURHOOD

# THE BOSK

## NEWINBOSCH

OPENING TUESDAY 1 SEPTEMBER



Pilates has moved in at THE BOSK. Physio-led Mat and Reformer classes for every body and every level — walk in, meet the team, and let our movement therapists look after you.

### THE BOSK OPENING PROMOTION

NEW & OLD MEMBERS · UNTIL 31 DEC 2026

## R250

SINGLE CLASS  
valid 1 session

## R200 / class

5 CLASSES  
R1 000 · valid 2 months

## R175 / class

10 CLASSES  
R1 750 · valid 3 months



New to Core Concepts? Scan  
QR code for opening promotion

### Mat & reformer pilates and yoga

MONDAY TO FRIDAY · 6AM — 6PM

Physiotherapy & biokinetics coming soon

You can also book at The Bosk at Newinbosch  
through Vitality Fitness — get up to 8 workouts at no cost.

Existing Core Concepts members book using your  
current packages on your Oktiv App

Contact us:

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🌐 [coreconceptspilates.co.za](https://coreconceptspilates.co.za)

📱 @coreconceptspilates