

CORE CONCEPTS

balance. simple but significant.



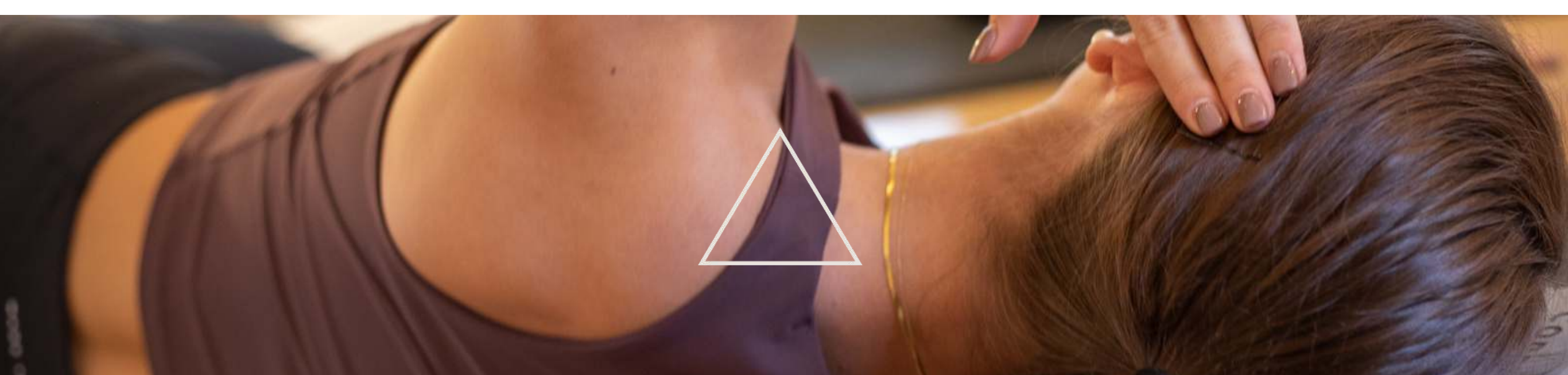
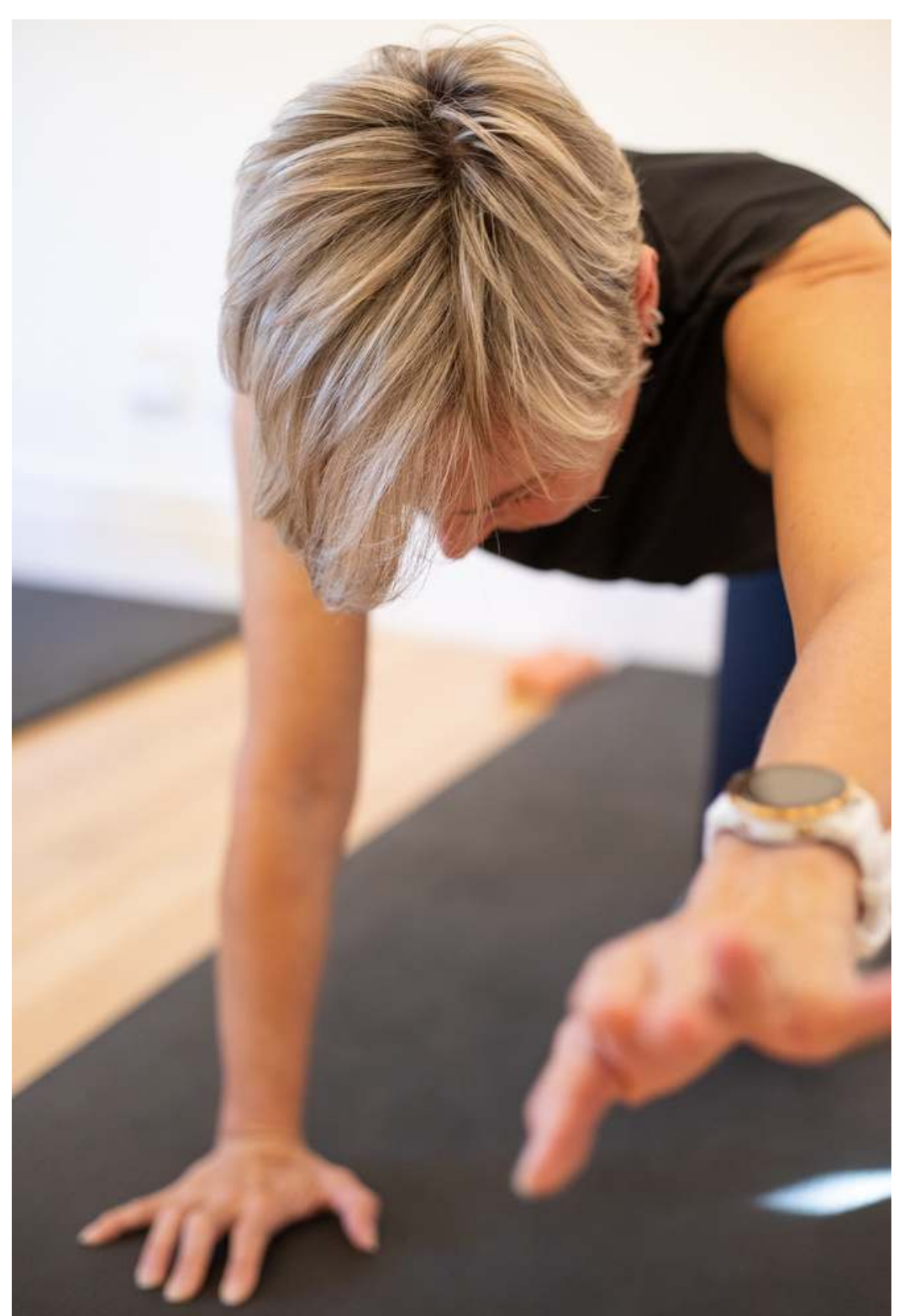
BIG THINGS
are stirring at
CORE CONCEPTS PILATES



July and August are bubbling with excitement, and honestly, that's the energy we need right now. Winter has a way of making us despondent, so consider this your dose of freshness.

We're talking new partnerships, a fresher look, and a couple of reasons to get your friends moving with you.

Let's get into it.



Big news WE'VE TEAMED UP WITH DISCOVERY!

Vitality members can now get up to 8 free workouts a month at Core Concepts Pilates. Yes, free. Yes, really. Your Vitality points have never worked this hard for you.

Go on, put those points to good use.



Our website's had a glow-up

Our digital home is sleeker, smoother, and finally showing you what we're really about. You can also have a squiz at our refreshed (and friendlier) pricing.

New prices

We've refreshed our tariffs, with pricing made more accessible so more of you can get moving. Because moving is the whole point!

New studio coming soon!

We're opening our doors at The Bosk at Newinbosch, Stellenbosch. Details to follow soon.

August 2026

Plus One Pilates

Bring a friend, or bring your curious self for the first time. Either way, it's R100 well spent. You can book your reformer or mat class via the Octiv App.

From now to 31 August

First Saturdays

It's like First Thursdays, but far more wholesome and energetic. One class, one room, one collective hit of energy to carry you through the weeks ahead. Book via the Octiv App.

Saturday, 1 August



AS WE SAID, THINGS ARE MOVING AT
CORE CONCEPTS PILATES!

EXPLORE OUR WEBSITE AND BOOK
YOUR CLASS ON THE OCTIV APP