

A photograph of two women sitting and smiling. The woman in the foreground has blonde hair and is wearing a black t-shirt, holding a white mug, and wearing a white watch. The woman in the background has dark hair and glasses, also wearing a black top and holding a white mug. The text is overlaid in the center of the image.

The friend WHO KEEPS
SAYING “*one day*”



Well, ONE DAY HAS ARRIVED
INTRODUCING
Plus One Pilates

Swipe for a surprise!

WHAT'S PLUS ONE PILATES?

Already a member?

BRING YOUR PLUS ONE -
THEY GET A REFORMER OR MAT
CLASS FOR JUST R100

New to Core Concepts?

SIGN UP VIA THE LINK IN BIO, BOOK YOUR
FIRST REFORMER OR MAT CLASS FOR R100,
AND YOUR PLUS ONE JOINS FOR R100 TOO

HOW TO BOOK

Three simple steps

BOOK THROUGH THE OCTIV APP

SELECT THE “PLUS ONE” OPTION

PAY R100 FOR YOUR FIRST CLASS

Important note: This is a one-time offer.

Each plus one can only join once

But that's not all

WIN FIVE *free*
CLASSES

Here's how you enter

YOU AND YOUR PLUS ONE EACH SIGN UP FOR
CORE CONCEPTS PILATES PACKAGE OR
SUBSCRIPTION

THAT'S YOUR ENTRY INTO THE LUCKY DRAW

THE WINNER WALKS AWAY WITH FIVE FREE
CLASSES AT A CORE CONCEPTS PILATES STUDIO



CORE CONCEPTS

balance. simple but significant.

SHARE THIS POST
WITH YOUR *plus one*

Valid 15 July – 15 August