



COCO Pilates

INFORMATION GUIDE





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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, & small group sessions. We believe in a holistic wellness approach, nurturing a mind body connection. Each client is seen for their individual uniqueness and welcomed at any level.

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 & 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](#)

QUINTET REFORMER CLASSES

Five clients per session.

Our popular Quintet Reformer Sessions are facilitated in the COCO Pilates Reformer Studio. We offer a personal touch with only five 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 five 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.

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

Quintet 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](#)

MAT CLASSES

Six clients per session.

Mat Pilates, Barre, and Reformer Pilates are dynamic and complimentary forms of exercise.

Why Choose Just One, Let's Do All!

Combining Mat Classes 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.

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

We update the programme and schedule regularly to bring you a variety of fun filled classes. Keep an eye on social media and the schedule for latest updates.

MAT PILATES BARRE is a fun take on Pilates principles fused with barre fun. This class is led by Ayesha Sindi, a trained Pilates and barre teacher. Suitable for all fitness levels.

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 location access details.

[SEE CLASS SCHEDULE](#)

Click here



CLASS RATES

Classes are 55min

PRIVATE REFORMER

Casual Booking
R580 per class

Weekly
Repeat Booking
1 Class per week
R530 per class

Weekly
Repeat Booking
2 Classes per week
R490 per class

10 Class Pack
Valid for 5 weeks
R5145 per pack

4 Class Pack
Valid for 4 weeks
R2280 per pack

QUINTET REFORMER

Casual booking
R350 p/p per class

Weekly
Repeat Booking
1 Class per week
R285 p/p per class

Weekly
Repeat Booking
2 Classes per week
R265 p/p per class

10 Class Pack
Valid for 3 months
R2900 per pack

5 Class Pack
Valid for 2 months
R1675 per pack

PILATES MAT GROUP

Casual booking
R210 p/p per class

Weekly
Repeat Booking
R200 p/p per class

5 Class Pack
Valid for 2 months
R1075 per pack

DUET CLASSES

Duet reformer or
mat classes can be
arranged at R395
p/p p/class



COCO Pilates

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

Weekly Repeat Booking are for when you want to commit to attending the same lesson (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.

Class Packs 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. Packs are valid as indicated on class rates.

Waiting Lists are available should you not find space in your preferred class time. You need an active credit to book onto a waiting list. Should space open up in the desired class you will be notified via email from bookamat and need to accept the availability. If space does not open your credit will be moved to your profile to reschedule.

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.
- rates are non refundable under any circumstances.
- payment policy apply as set out on pg18.
- cancelation policy apply as set out on pg19.

STUDIO ETIQUETTE

Pilates is a hands on method. Tactile feedback is an important part of the instructors assistance to receive the required outcome. If you feel uncomfortable with tactile cueing, please inform your instructor before or after the class.

Please treat our Teachers with respect. All our teachers are highly educated individuals and disrespect towards teachers in class or in correspondence will not be tolerated.

Punctuality - The classes are carefully structured to maximize the benefit to your body. We do understand how hectic life gets, but have to ask you to rather not attend class if you will be entering late, trusting that you understand missing the first few minutes is disrespectful to your body, the teacher and the fellow participants. Kindly familiarize yourself with location details before your class. If you are running late please notify Coco Admin, and if you are unable to attend the class please reschedule or cancel the class on your bookamat profile. Please understand that any client arriving more than 5 min late without notice will risk forfeiting their booking. This applies to Private, Quintet & all Mat lessons.

Attire - Shorts, leggings, fitted tops and t-shirts all work well as appropriate attire. It is a good idea to wear layers on cold days. We also request that you wear socks to each class, normal or sticky socks. If you do not have socks with you, you will be provided with a pair of sticky socks at R180 to be added to your account.

Shoes - Please note that the studio have a no shoes policy. We kindly ask that you remove your shoes once entering the studio and leave them in the designated areas.

Jewelry - We kindly request that you remove all jewelry (except smart watches) before each class. This is to protect the equipment from any accidental damages.

Nails - Should you have long nails we kindly request that you take care when handling the equipment not to damage any of the materials.

Cell Phones - Please make sure that your cell phone is left on silent in the designa area. The answering of cell phones within the class environment is disturbing for both teachers and fellow clients. Pictures and Videos may be taken after class with the teachers permission.

Cleanliness - A towel is also required at every session. The cleanliness of the studio and equipment is a priority for us and we would be grateful if you would let us know if at any time we do not shape up. As a courtesy to fellow clients and to our teachers, we ask that all clients make personal hygiene, a similar priority, and thank you for your understanding in this sensitive matter.

Changing Rooms & Facilities - Please treat the changing room and Spa facilities with respect. This is a shared environment. Please bring your own towels for showering facility.



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. Please note that there is a 30min payment window before your booking expires.

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

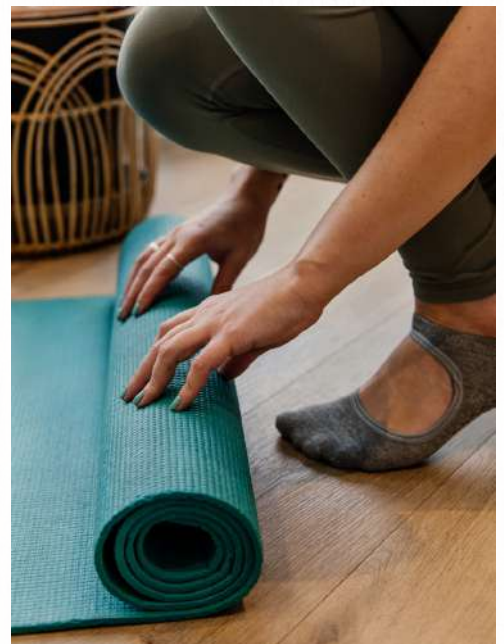
[Click here](#)

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. Complete the registration form to be added to the Vitality system. Points cannot be back logged. Please scan the QR code with your teacher before and after class to receive points.



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.
Bookings are non-refundable*



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.



AYESHA SINDHI

Ayesha's goal is to deliver high quality, challenging workouts focusing on the sweaty, sweet combination of form, flow and fun.



AMY BOKABA

Amy is passionate about working with pre and post-natal clients. As a mom she understands and want to help new moms feel good in their bodies.



VEE KAWA

Vee's energy is contagious in her lessons. Her passion for travel enrich her lessons.

[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: admin@cocopilates.co.za

Call / WhatsApp: +27 63 244 4330

SOCIAL MEDIA DESIGN & MANAGEMENT

Email: caileyalaraju23@gmail.com

Q&A



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

Email: admin@cocopilates.co.za

Call / WhatsApp: +27 63 244 4330

SOCIAL MEDIA

Email: caileyalaraju23@gmail.com

CONTACT US

We would love to hear from you!



COCO Pilates

HEALTH





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.*

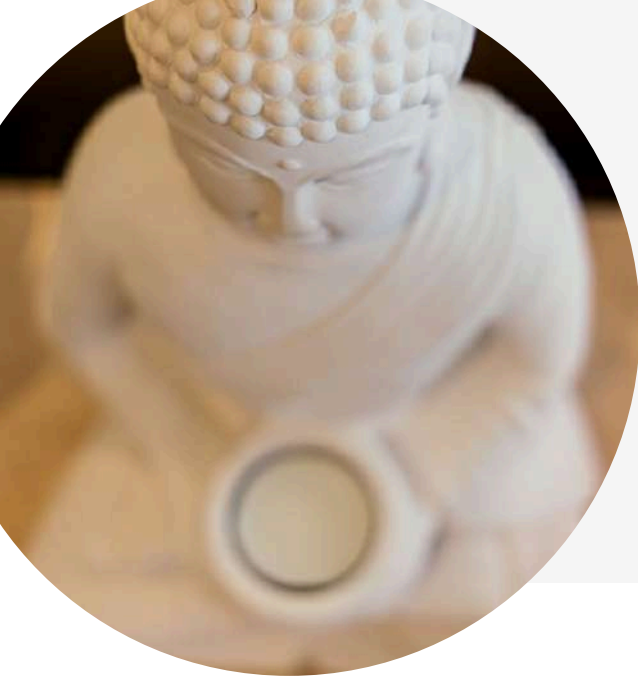
Antoinette is a certified Zest4life Health Coach and member of the Health Coaches Association.

"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](mailto: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

RECOVERY SESSIONS

30 min sessions

Casual booking
R300 per session

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

Please note that Pilates or working with a physiotherapist are recommended as part of your treatment.

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

www.cocopilates.co.za

Congratulations on taking the first step to becoming a healthier version of yourself. We look forward to working with you.

CONTACT US

We would love to hear from you!