



## Exercise Anywhere with Vitality Fitness Facilities

Exercise Anywhere with Vitality through Itensity, Octiv  
and facilities that have a Vitality linked iPad.

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
<b>Eastern Cape</b>						
Eastern Cape	Pilates	PureCore Pilates Studio - Port Elizabeth	1st Floor, Medical and Dental Suites, 8th Avenue, Summerstrand, Port Elizabeth, 6001	074 473 5515	wynandfrederickduplessis34@gmail.com	Octiv
<b>Gauteng</b>						
Gauteng	Pilates	Nova Pilates	Unit 2, Ground floor, Argyle Business Park, Tamarisk Avenue, Weltevredenpark, 1709	083 424 8069	sunnytrifonova@gmail.com	iPad
Gauteng	Pilates	Pilates One On One	50 Balmoral Avenue, Hurlingham, Sandton, 2196	081 049 7822	sheenaplaksy@icloud.com	iPad
Gauteng	Pilates	Pilates and Wellness Studio - Melville	24 4th Avenue, Melville, 2193	011 463 9699	info@pilatesmelville.co.za	iPad
Gauteng	Pilates	The En Makeover (Pty) Ltd T/A Pilates Powerhouse	Ernie Els Blvd, Copperleaf Golf and Country Estate, Centurion, 0157	083 268 3475	goretti.niklaus@gmail.com	iPad

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
Gauteng	Pilates	Pilates Connection	15 7th Ave, Parktown North, Johannesburg, 2193	082 828 9736	info@pilatesconnection.co.za	iPad
Gauteng	Pilates	Pilates Dynamics	2 Nicolyn Avenue, Ruiterhof, Randburg, 2194	011 792 5459	info@pilatesdynamics.co.za	iPad
Gauteng	Yoga	Yoga Experience	Thrupps Illovo Shopping Centre, 204 Oxford Road, Illovo, Sandton, 2193	011 268 0642	manager@yogaexp.co.za	iPad
Gauteng	Pilates	MD Pilates	3 Erikson Close, Norscot, Fourways, 2191	082 315 1761	info@mdpilates.co.za	iPad
Gauteng	Yoga	Yoga Lova	36A, 1st Avenue, Illovo, Johannesburg, 2196	082 771 6105	hurwitz@worldonline.co.za	iPad
Gauteng	Dance / Yoga	Kairos Dance and Yoga Studio CC	15 Hume Road, Dunkeld West, 2193	083 306 3852 / 083 657 3377	kim@niagp.co.za; info@niagp.co.za	iPad

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
Gauteng	Pilates	Body Intellect Pilates Brooklyn	No. 3, 14th Street, Menlo Park, Pretoria, 0001	012 460 9206	info@bodyintellect.co.za	iPad
Gauteng	Pilates	Breathe Barre	16 Fricker Road, Illovo, Sandton, 2196	082 726 5157	info@breathebarre.co.za; breathebarre@gmail.com	iPad
Gauteng	Pilates	Equi-Kinetics Pilates	5 Bosbok Road, Boskruin Business Park, Randpark Ridge, 2169	082 293 8271	fourie.physio@gmail.com	iPad
Gauteng	Yoga	Casey Chiang Yoga	17 Poplar Avenue, River Club, 2191	082 736 3588	casey@caseyyoga.com	iPad
Gauteng	Yoga / Pilates	Raise the Barre	Shop 15-16, Post Office Centre, Rudd Road, Illovo, Sandton, 2196	072 179 5089	info@raisethebarre.co.za	iPad
Gauteng	Pilates	Koru Pilates	Weltevreden Farm, John Voster Drive, Weltevredenpark, Johannesburg, 1709	072 183 1866	info.korupilates@gmail.com	Octiv

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
Gauteng	Yoga	ISHTA School of Yoga and Health	121 Atholl Rd, Atholl, Sandton, 2196	082 789 4847	info@ishtayoga.co.za	Octiv
Gauteng	Pilates	Lamberti Physiotherapy	Cambridge Medical Suites Cambridge Crossing Shopping Centre, Stone Haven Rd, Paulshof, Sandton, 2191	083 235 2858	fiona@lamberti.biz	Octiv
Gauteng	Pilates	Corescap Pilates	29 Keyes Ave, Rosebank, Johannesburg, 2196	072 9515439	bernadene.jonathan@gmail.com	Octiv
Gauteng	Pilates	Pure Pilates Wellness Studio	Bedford Village Shopping Centre, Cnr Nicol & Van Buuren Drive, Bedfordview, Johannesburg, Gauteng, South Africa	082 552 9587	detsikasi@yahoo.com; info@purepilateswellness.co.za	Octiv
Gauteng	Pilates	Fit Life Studio	183 Rivonia Road, Morningside	079 923 3413	morningsidebio@gmail.com	Octiv
Gauteng	Dance / Yoga	Body & Mind Fitness Lynnwood Glen	Body and Mind Fitness, Shop 2, The Aviary, Lynnwood Glen, 0081	079 781 0327 / 074 356 9907	Kirsty@bodymindfitness.co.za; info@bodymindfitness.co.za	Octiv

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
Gauteng	Yoga / Pilates	Wellbean Pilates	11A Saint David Road, Elma Park, Edenvale, 1610	072 303 0848	info@wellbean.co.za	Optiv
Gauteng	Yoga / Pilates	Studio C Pilates	Ground Floor, North Block, Sheldon Place Office Park, Lonehill, 2191	082 372 0384	gigibussey@gmail.com	Optiv
Gauteng	Pilates	Pilates Addict Studio	Bedford Square, Corner of Smith Van Der Linde Road, Bedfordview, 2007	082 879 9035	liezel@pilatesaddict.co.za	Optiv
Gauteng	Pilates	Pure Movement Pilates Studio	Stand 36/965, Corner of Francolin and Eagle , Featherbrooke, Roodepoort, 1724	079 500 8808 / 072 424 2483	kimcurrie91@gmail.com; rachel@gateaux-de-fee.co.za	Optiv
Gauteng	Yoga	Movement Matters	18 Fir Drive, Northcliff, Randburg, 2115	084 454 9710	info@movementmatters.co.za	Optiv
Gauteng	Pilates	Polestar Pilates	29, 7th Avenue, Parktown North, Johannesburg, 2193	076 449 8636	andrew@metafitness.global	Optiv

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
Gauteng	Yoga	The Yoga Republic	107 Gertrude Street, Fontainebleau, Randburg, 2194	011 791 6228	Studio@theyogarepublic.co.za	Octiv
Gauteng	Yoga	Hotpod Yoga Pretoria	60 Glenwood Road, Lynnwood Glen, Pretoria, 0081	071 671 9894	mischa.els@hotmail.com	Octiv
Gauteng	Yoga / Pilates	Figureline Pilates	Unit 5, 15d Riley Road, Bedfordview, Johannesburg, 2007	082 587 1024	gbrink@gmail.com	Octiv
Gauteng	Yoga	Shakti Yoga Therapy Centre	6 Oak Avenue, Norscot Slopes Security Village, Fourways, Johannesburg, 2055	084 412 6737	taryn@shaktiyoga.co.za	Octiv
Gauteng	Yoga	Yoga Lova	36A, 1st Avenue, Illovo, Johannesburg, 2196	082 771 6105	hurwitz@worldonline.co.za	Octiv
Gauteng	Yoga / Pilates	CityRock Johannesburg	46 Fourth Ave S, Fontainebleau, Randburg, 2194	010 007 2732	johannesburg@cityrock.co.za	Intensity

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
Gauteng	Pilates	Coco Pilates	5 Benmore Road, Benmore Gardens, Johannesburg, 2196	083 267 6551	clarisa_coco@icloud.com; clarisa_coco@me.com	Itensity
Gauteng	Gym / Yoga	CityRock PTA	Guernsey North Business Park, 1 Saltus Street, Irene, Centurion, 0157	012 007 0541	pretoria@cityrock.co.za	Itensity
Gauteng	Yoga / Pilates	108YOGA	Vodaworld, Corporate Park, Midrand, Tembisa, 1682	082 045 4348	info@108yoga.co.za	Itensity
<b>KwaZulu-Natal</b>						
KwaZulu-Natal	Pilates	Play Move Breathe	The Boulevard, 19 Park Lane, Umhlanga, Kwa-Zulu Natal, 4319	082 460 8805	info@playmovebreathe.com	iPad
KwaZulu-Natal	Pilates	Stretch Pilates Durban North	20 Gainsborough Dr, Athlone, Durban North, 4051	031 563 0079 / 076 298 9061	jenna@stretchpilates.co.za	Octiv



Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
KwaZulu-Natal	Pilates	Stretch Pilates Hillcrest	Shop 22C, The Colony, 50 Old Main Road, Hillcrest, 3610	031 563 0079 / 076 298 9061	jenna@stretchpilates.co.za	Octiv
KwaZulu-Natal	Pilates	Stretch Pilates Mount Edgecombe	14 Flanders Drive, Mount Edgecombe Country Estate 2, Mount Edgecombe, 4302	078 271 3747	courtney@stretchpilates.co.za	Octiv
KwaZulu-Natal	Pilates	Emerge Wellness	Glenashley Views, 36 Newport Avenue, Glenashley	083 600 1055	kelly@emergewellness.co.za	Octiv
KwaZulu-Natal	Pilates	Maud Motion	Unit 6, Hilton Business Park, 6a Quarry Road, Hilton, 3201	082 791 3489	angela@maudmotion.com	Octiv
KwaZulu-Natal	Yoga	Limber Lotus Yoga	Gillits Shopping Centre, York Road and Clifton Road, Gillits, 3610	072 335 1522	gaynor@limberlotus.co.za	Intensity
<b>North West</b>						

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
North West	Pilates / Rehab	Reikiworx Pilates & Rehab Centre	Plot 415 Portion 305JQ, Waterkloof, Rustenburg, 0299	082 326 4720	shervh@polka.co.za	Optiv
North West	Pilates / Rebound	Harties Pilates & Rebound	R560, Hartbeespoort, 0232	082 572 2813	Louise@hartiesrebound.co.za	Optiv
<b>Mpumalanga</b>						
Mpumalanga	Pilates	The Pilates Studio Malelane	Air Street, Malelane, Mpumalanga, 1320	071 471 0034	maggievlok@telkomsa.net	iPad
<b>Western Cape</b>						
Western Cape	Pilates	Core Strength Pilates Studio	19 Gloucester Avenue, George, 6530	082 214 4607	george@cspilates.co.za	iPad
Western Cape	Pilates	Breathe Barre Cape Town	Unit 601, The Regent, Regent Road, Sea Point, Cape Town, 8005	082 726 5157	info@breathebarre.co.za; breathebarre@gmail.com	iPad

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
Western Cape	Yoga / Pilates	Yo Yoga	Ground Floor, Old Warehouse Building, Black River Park, 2 Fir Street, Black River Park, Observatory, Cape Town, 7925	083 266 0444 / 083 690 7967	contact@yoyoga.co.za	iPad
Western Cape	Yoga	The Loft on Kloof	1st Floor, Lifestyle on Kloof, 50 Kloof Street, Gardens, Cape Town, 8001	079 482 3740	info@theloftonkloof.com	iPad
Western Cape	Yoga	House of Yoga	43 Heather St, Claremont, Cape Town, 7708	079 758 0649	hello@houseofyoga.co.za	Octiv
Western Cape	Yoga / Pilates	Core Concepts	9 Somerset Crescent, Wellyway Park, Durbanville, Cape Town, 7550	021 975 2318	info@coreconceptspilates.co.za	Octiv
Western Cape	Yoga / Pilates	Life Retreat Studio	Lourensford Wine Estate, Lourensford Rd, Somerset West, 7130	082 792 9771	monique.boucher92@gmail.com	Octiv
Western Cape	Yoga / Pilates	Studio2Pilates	90 Durban Rd, Mowbray, Cape Town, 7700	087 701 6549	info@pilatescape.co.za	Octiv

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
Western Cape	Yoga / Pilates	The Body Space	44 Lesueur Ave, Platteklouf Glen, Cape Town, 7460	082 673 9291	info@thebodyspace.co.za	Octiv
Western Cape	Pilates	Mint Pilates	2A Moreson road, Valmary park, Durbanville	082 323 9269	mintpilateswellnessstudio@gmail.com	Octiv
Western Cape	Pilates	Juli-Fitness & Nutrition Coach	40 A Main Rd, Paarl, 7646	082 534 5070	juligeldenhuis@gmail.com	Octiv
Western Cape	Yoga / Pilates	Ocean Edge Fitness	Cnr Main & Dido Valley Rd, Simon's Town, 7975	064 762 3635	tess@oceanedgefitness.co.za	Octiv
Western Cape	Pilates	The Movement Collective	Shop 2, Quadrant Square, 31 Wilderness Road, Claremont, Cape Town	084 831 0346	hello@themovementcollective.co.za	Octiv
Western Cape	Yoga / Pilates	Pineapple Pilates	23 Elsenham Crescent, Helena Heights, Somerset West, 7130	076 148 7816	lindsayckc@gmail.com; lesley@pineapplepilates.co.za	Octiv

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address	Vitality Points Partner Network
Western Cape	Pilates / Rehab	Boost	29 Olienhout Avenue, Platteklouf, Cape Town, 7500	082 421 0594 / 0791631483	tercia@boost.co.za	Octiv
Western Cape	Pilates	Moving Arts Pilates	B40, Pinelands Business Park, 4 New Mill Street, Pinelands, 7405	082 574 3375	charmaine@movingarts.co.za	Octiv
Western Cape	Pilates	Pilates4.Me	Shop Unit 1, Gateway Centre (above Spar), Main Road, Hermanus, 7200	071 300 3617	mail@pilates4.me	Octiv
Western Cape	Yoga	Numi	5 Phyllis Road, Claremont, Cape Town, 7708	082 370 3311	leeann@numiwellness.co.za	Octiv
Western Cape	Yoga / Pilates	CityRock Cape Town	9 Milner Street, Paarden Eiland, Cape Town, 7405	021 447 1326	capetown@cityrock.co.za	Intensity