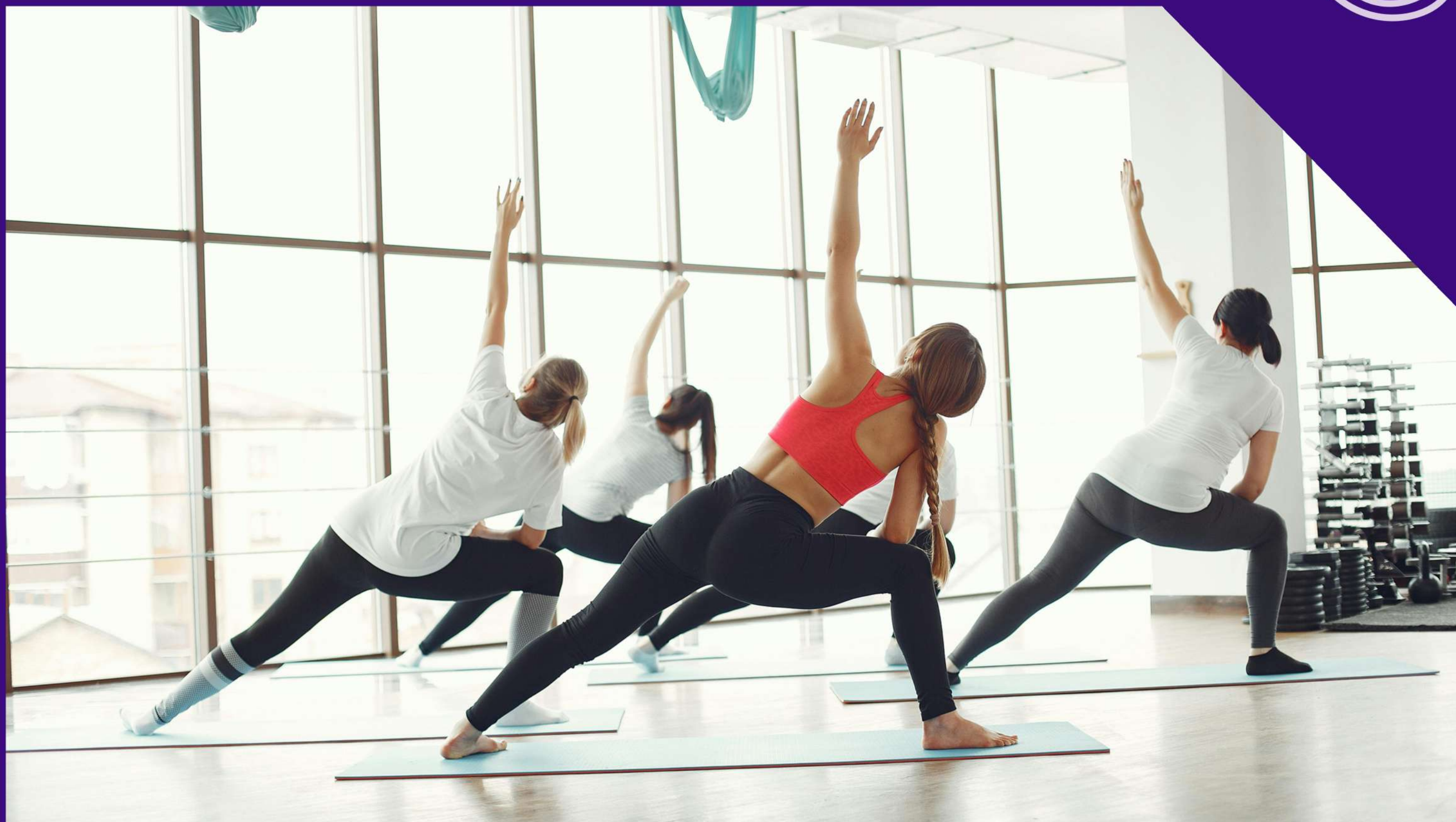


RADIANT WELLNESS



Welcome to Radiant Wellness

A space to move, breathe, connect, and thrive

Radiant Wellness is a holistic health and fitness studio created for real people with real bodies and real lives.

Whether you're brand new to exercise, returning after a break, navigating injuries, managing stress, or simply looking for movement that feels good — you are welcome here.

Our classes are designed to support you at every stage of your journey. You don't need to be fit to start — you start by showing up. Options are always offered, rest is respected, and progress is personal.

At Radiant Wellness, we believe movement is about more than just physical results. It's about building strength, confidence, connection, and joy — in a supportive, non-judgmental environment where you can move at your own pace.

Come as you are. We'll meet you there.

SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:15 - 07:00		Total Body Strength	Total Body Strength	Total Body Strength	Total Body Strength
08:30 - 09:15	Power Conditioning 08:15 - 09:00		Total Body Strength		Total Body Strength
17:30 - 18:15	Power Conditioning	Dance Fusion 18:00 - 19:00	Total Body Strength	Dance Fusion 18:00 - 19:00	
18:30 - 19:15	Power Conditioning		Total Body Strength		

Power Conditioning & Total Body Strength classes are held at 95 Briza Road, Table View

Dance Classes are held at the Sunningdale Bowling Club, 6 Waterville Crescent, Sunningdale

CLASSES



DANCE FUSION

Dance Fusion is a fun, energetic dance class comprising of dance routines with a mix of Latin, old school songs, Top 40 and many more. It's a group exercise session that combines various dance moves with cardiovascular exercise to create a fun and engaging workout. These classes are designed to improve physical fitness, coordination, and overall well-being. No dance experience needed — just a willingness to move.



POWER CONDITIONING

Power Conditioning is a comprehensive fitness session designed to improve overall physical fitness by targeting various components such as strength, endurance, flexibility, and cardiovascular health. These classes typically involve a combination of exercises that work multiple muscle groups and promote a balanced, full-body workout.



TOTAL BODY STRENGTH

Total Body Strength is a structured session where participants perform various exercises designed to increase muscle strength, endurance, and overall fitness. In these classes the group is led through a series of exercises, using various weights and body weight. This class offers a supportive and structured environment for improving muscle strength, endurance, and overall fitness.



CUSTOM FITNESS COACHING

Custom fitness coaching is a 1-on-1 fitness coaching service tailored specifically to an individual's fitness goals, needs, and capabilities. It includes customised workout plans, goal setting, exercise instruction & progress tracking. It offers a highly customised approach to fitness, providing the expertise, support, and accountability needed to achieve personal health and fitness goals effectively.

THE RADIANT COLLECTIVE



More than fitness — a community

The Radiant Collective is the heart of Radiant Wellness.

It's a supportive community of people who come together to move, grow, and support one another — physically, mentally, and emotionally. Here, fitness isn't about comparison or perfection. It's about connection, consistency, and feeling good in your body.

Being part of the Radiant Collective means:

Feeling supported, encouraged, and seen

Moving your body in a way that feels empowering, not punishing

Being part of a welcoming community — not just a class

Celebrating progress in all forms, not just weight or fitness levels

Knowing you don't have to do this alone

Through group classes, shared challenges, workshops, and our WhatsApp community, the Radiant Collective offers accountability, motivation, and genuine connection — both inside and outside the studio.

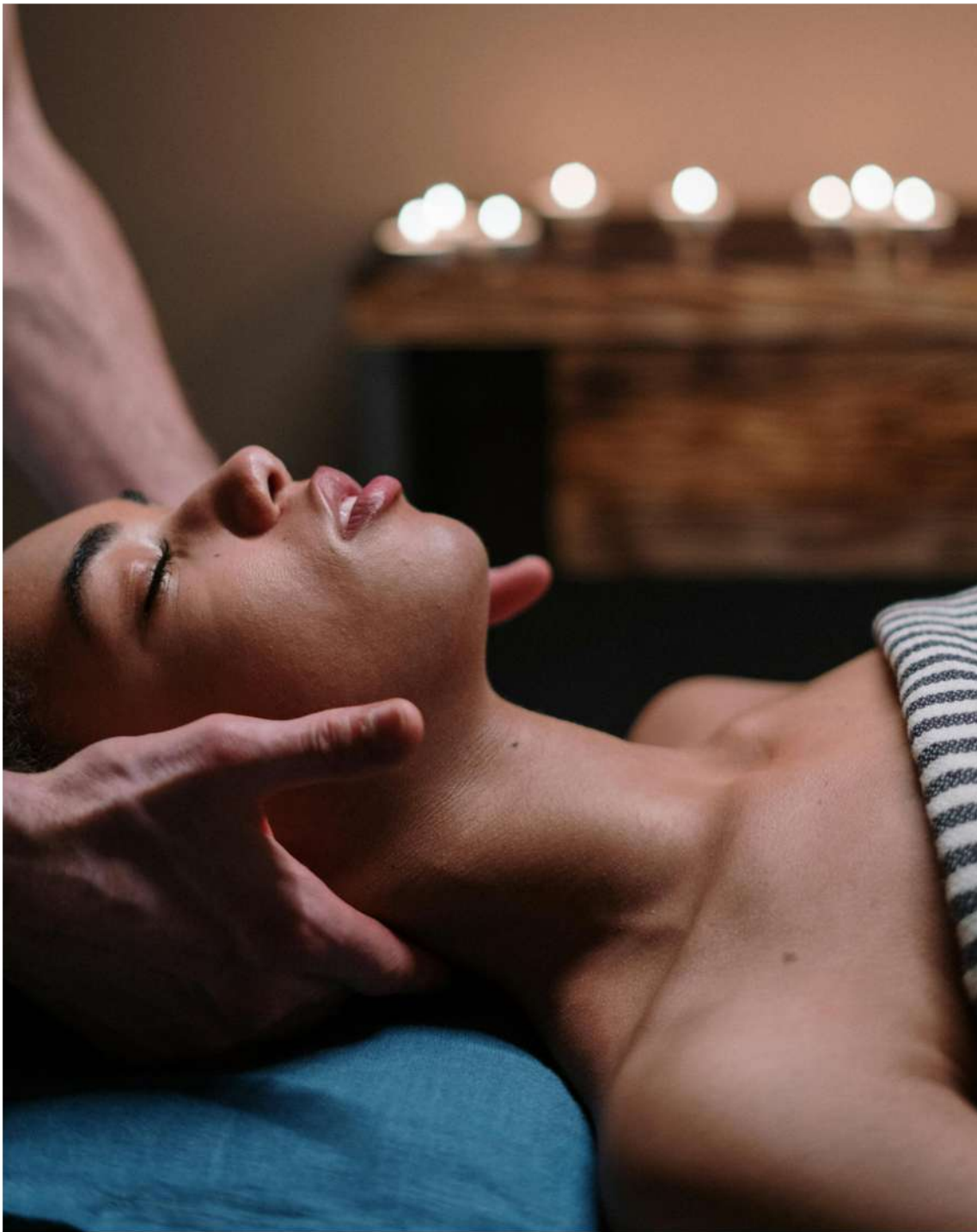
Whether you join for strength, dance, wellness, or community, you become part of something bigger.

You belong here.

WHAT ELSE DO WE OFFER



REIKI



As a qualified, advanced Reiki Master, I offer in-person Reiki sessions.

What is Reiki?

Reiki is a gentle, hands-on therapy designed to help your body relax, reset, and restore balance.

In today's fast-paced world, many of us are constantly in a state of stress, which can affect our sleep, energy, mood, and overall wellbeing. Reiki works by calming the nervous system, allowing your body to shift into a state where healing and recovery can naturally take place.

During a Reiki session, the practitioner places their hands lightly on or just above the client's body in specific positions. The goal is to facilitate the flow of energy and remove blockages. Sessions usually last between 45 and 60 minutes.

Reiki can help with relaxation, stress reduction, and the promotion of healing on a physical, emotional, and spiritual level. It is often used as a complementary therapy alongside conventional medical treatments. Reiki is non-invasive and gentle. It doesn't involve the ingestion of substances, the use of tools, or physical manipulation.

Relaxation & Reset Reiki *(45 minutes)*

A deeply calming session focused on relaxation, stress relief, and allowing the body to reset. No feedback included.

Reiki + Insight Session *(60 minutes)*

A relaxation session with added gentle feedback to provide insight into areas of stress, imbalance, or emotional tension.

For more information contact Lesley on 072-0188-751

PACKAGES



Infinite Package

Unlimited classes per month

R640 per month

Triple Boost Package

Three classes per week or 12 classes in total

R480 per month

Double Dose Package

Two classes per week or 8 classes in total

R320 per month

Single Spark Package

One class per week or 4 classes in total

R200 per month

Pop In Classes

R50 per class

Custom Fitness Coaching

R100 per session - min 2 sessions per week

Radiant Collective

See clearly. Fix gently. Live fully.

R350 per month / R3500 per annum

PACKAGES (cont)



Reiki Relaxation & Reset	R500 per session 45 minutes
Reiki Including Insight Session	R750 per session 60 minutes
Reiki Reset Package Relaxation & Reset	R1 800 4 x 45 minute sessions Once per week
Reiki Balance Package Including Insight Session	R2 600 4 x 60 minute session Once per week

JOINING PROCESS



Getting started at Radiant Wellness is easy — and help is always available if you need it. New clients are welcome to try their first class for FREE. If you're unsure where to begin, simply WhatsApp me and I'll guide you through the process.

Signing Up with a Monthly Contract

- Click the sign-up link below and choose the package that suits you best.
- <https://app.octivfitness.com/widget/sign-up?publicToken=860ba3ddb63bcc28ab5a1f13791116cc9cf3b03b>
- Select Radiant Wellness as your programme and complete your details.
- Accept the terms, waiver, and choose your payment method.
- Download the app once prompted.
- Complete payment via card, SnapScan, Scan to Pay, or EFT (bank details available on request).
- Once activated, you can log into the app and start booking your classes.
- You'll receive email confirmation along the way — please keep an eye on your inbox.

If you'd prefer to just do Drop-In Classes, use the link and process below.

Drop-In Classes

- Click the drop-in link below and select Pop-In Class.
- <https://app.octivfitness.com/widget/schedule?isDropIn=true&publicToken=860ba3ddb63bcc28ab5a1f13791116cc9cf3b03b>
- Complete your details and accept the waiver.
- Complete payment via the secure payment page.
- You'll receive an email with a link to book your class.
- Please note: payment does not automatically book your class — booking is the final step.

IMPORTANT NOTES



So you feel comfortable, confident, and supported

To help create a safe, enjoyable, and welcoming experience for everyone, please take a moment to read through the notes below.

Class Locations & Duration

- Power Conditioning and Total Body Strength classes take place at 95 Briza Road, Table View and are 45 minutes long.
- Dance Fusion classes are held at the Sunningdale Bowling Club, 6 Waterville Street, Sunningdale and run for 1 hour.
- All classes are suitable for all levels, and options are always offered.

Your first class is on us

- All new clients are welcome to enjoy their first class free of charge — it's our way of welcoming you into the Radiant community.

Injuries & personal needs

- Please let Radiant Wellness know about any injuries, medical conditions, or concerns before attending a class so we can support you safely.

Arriving for class

- Please aim to arrive 10-15 minutes early, especially if it's your first time.
- Each class includes a 5-8 minute warm-up, which is essential for injury prevention, so late arrivals may not be able to join.

IMPORTANT NOTES (cont)



Warm-ups & cool-downs

- Every session begins with a warm-up and ends with a cool-down and stretch.
- If you need to leave early, please make sure you stretch on your own before going.

What to bring

- Water (especially important in summer)
- Comfortable clothing you can move freely in
- Appropriate footwear for the class type
- A towel, particularly for strength classes where equipment is shared

Bookings & cancellations

- All class bookings are managed through the app.
- If you're unable to attend a class, please cancel your booking in advance so your spot can be freed up for someone else.
- This is especially important for Double Dose and Triple Boost packages, as missed classes without cancellation will result in the credit being forfeited.

Minimum numbers

- Classes require a minimum of 2 participants, unless otherwise arranged.

Staying connected

- To stay up to date with important information, community updates, and motivation, we encourage you to join the Radiant Wellness WhatsApp group using the link provided.

Schedule updates

- The class calendar is planned in advance and will only change in exceptional circumstances. Any changes will be communicated clearly and timeously.

Questions or concerns

If you ever have questions, need guidance, or feel unsure about anything, please reach out to Lesley Van Zyl — support is always available.

Most importantly...

Have fun. Move your body. Enjoy the process.

Exercise is not just about physical health — it's also about connection, stress relief, and feeling good in your body.