

# Vitality Wellness Network Wellness Centres



GAUTENG				
SUBURB	WELLNESS CENTRES	CONTACT NUMBER	EMAIL or ONLINE BOOKINGS	ADDRESS
Bedfordview	Vitality Wellness Centre Bedfordview	086-1266563		Vitality Wellness Centre, St. Andrews Office Park, 39 Wordsworth Avenue, St. Andrews, Bedfordview, Gauteng
Centurion	Intercare Mall@55	086-9990669	vitality@intercare.co.za	Mall@55, cnr Marais Road and R55, Centurion, Monavoni, Gauteng
Fourways	Intercare Fourways	086-9990669	vitality@intercare.co.za	Intercare Fourways, Cnr. Of Fourways Blvd & Short Street, Fourways Witkoppen, Johannesburg, Gauteng
Irene	Intercare Irene	086-9990669	vitality@intercare.co.za	Intercare Irene, Southdowns Centre, Cnr John Vorster Drive And Nelmspius Drive, Irene, Pretoria, Gauteng
Kelvin	Manor Medical Centre	010-0725999	info@docsa.co.za	189 Kelvin Drive, Morningside Manor, Sandton, Johannesburg, Gauteng
Kempton Park	Intercare Glen Marais	086-9990669	vitality@intercare.co.za	Intercare Glen Marais Cavendish Glen Centre, 127 Monument Road, Glen Marais, Kempton Park, Johannesburg, Gauteng
Lynwood	Intercare Glenfair	086-9990669	vitality@intercare.co.za	Intercare Glenfair, Glenfair Boulevard, Cnr Lynwood Road And Davenport Street, Lynwood, Pretoria, Gauteng
Menlyn Mainie	DiscoveryStore Menlyn	011-529 7247	<a href="https://www.discovery.co.za/corporate/discovery-store">https://www.discovery.co.za/corporate/discovery-store</a>	Shop 35, Mainie, Central Park Road, Menlyn Pretoria, Gauteng
Mondeor	Vitality Wellness Centre -Wellness Hub Mondeor	0861-117 427		Vitality Wellness Centre Cnr Columbine Avenue & Royal Park Drive, Mondeor, Gauteng
Moreleta Park	Intercare Woodhill	086-9990669	vitality@intercare.co.za	Intercare Woodhill Parkview Centre, Cnr Garsfontein Road And Netcare Street, Moreleta Park, Pretoria, Gauteng
Sandton	DiscoveryStore Sandton	011-529 7247	<a href="https://www.discovery.co.za/corporate/discovery-store">https://www.discovery.co.za/corporate/discovery-store</a>	1 Discovery Place, Client Centre, Sandhurst, Sandton, Johannesburg, Gauteng
Sandton	Intercare Morningside	086-9990669	vitality@intercare.co.za	Intercare Morningside, 3rd Floor, Morningside Medical Centre, 200 Rivonia Road, Morningside, Sandton, Johannesburg, Gauteng
Silverlakes	Intercare Silverlakes	086-9990669	vitality@intercare.co.za	Intercare Silver Lakes, Hazledaan Square, Cnr Lynwood Road And Silverlakes Road, Silver Lakes, Pretoria, Gauteng
Waverley	The Centre Of Advanced Medicine - Waverley	011-033 1340/ 1301		The Centre Of Advanced Medicine, 13 – 15 Scott Street, Waverley, Johannesburg, Gauteng
Wilgeheuwel	Intercare Wilgeheuwel	086-9990669	vitality@intercare.co.za	Intercare Wilgeheuwel, Lifestyle Crossing, Cnr Hendrik Potgieter & Nic Diederichs Blvd, Wilgeheuwel, Johannesburg, Gauteng
Wonderboom	Intercare Wonderboom	086-9990669	vitality@intercare.co.za	Intercare Wonderboom, Wonderboom Junction Shopping Centre, C/O Voortrekker & Lavender Rd, Wonderboom, Pretoria, Gauteng

Kwa-Zulu Natal				
SUBURB	WELLNESS CENTRES	CONTACT NUMBER	EMAIL or ONLINE BOOKINGS	ADDRESS
Umhlanga	DiscoveryStore Umhlanga	011-529-7247	<a href="https://www.discovery.co.za/corporate/discovery-store">https://www.discovery.co.za/corporate/discovery-store</a>	Shop 7, 16 Chartwell Drive, Granada Square, Umhlanga, Kwa-Zulu Natal

Eastern Cape				
SUBURB	WELLNESS CENTRES	CONTACT NUMBER	EMAIL or ONLINE BOOKINGS	ADDRESS
Gonubie	Intercare Gonubie	086-9990669	vitality@intercare.co.za	Intercare Gonubie, Shop No 45, Kingsmall, Cnr Main & Gullsway Road, Gonubie, East London
Walmer	Intercare Walmer	086-9990669	vitality@intercare.co.za	Intercare Walmer Kings Court, Buffelsfontein Rd, Walmer, Port Elizabeth

Western Cape				
SUBURB	WELLNESS CENTRES	CONTACT NUMBER	EMAIL or ONLINE BOOKINGS	ADDRESS
Blaauwberg	Intercare Blaauwberg	086-9990669	vitality@intercare.co.za	Intercare Blaauwberg, Cnr. Of Link & Park Drive, Parklands, Cape Town, Western Cape
Century City	DiscoveryStore Century City	011-529 7247	<a href="https://www.discovery.co.za/corporate/discovery-store">https://www.discovery.co.za/corporate/discovery-store</a>	Discovery Store, Sable park, Bridgeways Precinct, Century City, Cape Town, Western Cape
Century City	Intercare Century City	086-9990669	vitality@intercare.co.za	Intercare Century City, Nr 5 Central Park On Park Lane, Century City, Cape Town, Western Cape
Panorama	Intercare Panorama	086-9990669	vitality@intercare.co.za	Intercare Panorama, Panorama Healthcare Centre, Cnr Rothschild Boulevard & Hennie Winterbach Street, Panorama, Cape Town, Western Cape
Sea Point	DiscoveryStore Sea Point	011-529 7247	<a href="https://www.discovery.co.za/corporate/discovery-store">https://www.discovery.co.za/corporate/discovery-store</a>	The Point Shopping Centre, 76 Regent Road, Sea Point, Cape Town, Western Cape
Somerses West	HealthPoints	021-852 7148	leonie@healthpoints.co.za	1 Rue de Jaqueline, Audas Estate, Somerses West, Cape Town, Western Cape Town
Tygervalley	Vitality Wellness Centre	011-529 7247	<a href="https://www.discovery.co.za/corporate/discovery-store">https://www.discovery.co.za/corporate/discovery-store</a>	Virgin Active Tygervalley, cnr Bill Bezuidenhout and Sportica Crescent, Tygervalley, Cape Town, Western Cape
Tygervalley	Intercare Tygervalley	086-9990669	vitality@intercare.co.za	Intercare Tygervalley 43 Old Oak Rd, Tyger Valley, Bellville, Cape Town, Western Cape

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