



## What is the HealthyFood Studio?

The HealthyFood Studio embraces the balance between delicious and healthy foods and teaches people to transform whole, unprocessed ingredients into appealing, delicious, and nutritious meals. Health does not mean having to compromise on taste. Through the culinary excellence from our HealthyFood Studio Chefs, nutrition and flavour can be equally prioritised.

You do not have to be a Vitality member to attend a HealthyFood Studio class. This document explains how to get the most out of the HealthyFood Studio.

### Cooking classes

---

The HealthyFood Studio hosts in-studio and online classes. A qualified chef will facilitate each class.

#### In-studio classes

- Registration and welcome drinks
- The chef will explain cooking theory relevant to the class
- A live demonstration by the chef
- You'll get to apply what you've learnt by cooking yourself
- The meals will be served and enjoyed by all attendees

#### Online classes

- Welcome and introduction
- The chef will explain cooking theory relevant to the class
- An interactive live demonstration by the chef
- You'll get to apply what you've learnt by cooking the meals under the guidance of the Vitality master chef in real time from the comfort of your own kitchen

Classes cover themes like global cuisines, healthy baking or pasta, couples' or kids' classes, and specialty courses like cooking for vegetarians or those with diabetes or heart conditions. The HealthyFood Studio occasionally hosts masterclasses with celebrity chefs and special occasions like team building, bridal and birthday parties.

---

## Who may attend a class?

---

Anyone who is 8 or older can attend a HealthyFood Studio class. You don't have to be a Vitality member to attend a course.

---

## How much does it cost?

---

In-studio and online classes take place in the morning and evening. The cost of the courses vary. You can view all the available courses, costs, dates and time slots on the Vitality HealthyFood Studio website ,as well as secure your booking using the following link: <https://www.healthyfoodstudio.co.za>.

---

## Does the person who makes the booking have to attend the class?

---

Bookings are transferrable, so if you make a booking in your name, someone else can attend the class in your place.

---

## Once a course has been confirmed and paid for, is there a cancellation process?

---

The HealthyFood Studio reserves the right to cancel the course if there are not enough attendees, but we will make every effort to place you on an alternative course on a date and time that is convenient for you. In the event of you cancelling an existing booking, you may choose that someone else attends in your place. Alternatively, you can reschedule to a different date. If you do not prefer the above, you may request a refund, provided that such cancellation is communicated 48 hours in advance of a class starting.

In the event of a class being booked within 48 hours of commencement, the refund policy will not apply. Please bear this in mind when booking. This applies to both online and in-studio classes.

---

## What time should I arrive at the class?

---

### In-studio classes

Please arrive at least 15 minutes before it starts, as the course will start promptly at the advertised time.

### Online classes

Please log in to the call 10 minutes before the class is scheduled to start to make sure that everything runs smoothly and that you finish in time.

---

## What happens if I miss a class?

---

If you are absent for any part of the course, please note that there is no opportunity for extra or catch-up classes or refunds.

---

## Your privacy

---

By booking and participating in courses offered at the HealthyFood Studio, you further consent to Discovery Vitality (Pty) Limited and third parties associated with the HealthyFood Studio sharing your payment and personal information. This includes transaction data and is in keeping with the [Fair](#)

[Collections Notice](#). The sharing of this information is only to the extent required for purposes of facilitating the HealthyFood Studio courses effectively.

## Stay in touch

---

Terms and conditions apply. If you have any questions or need more information about the HealthyFood Studio, please visit [www.healthyfoodstudio.co.za](http://www.healthyfoodstudio.co.za) or call [011 529 6527](tel:0115296527).

Keep up to date with the latest news from Vitality: Download the Discovery app and follow Discovery Vitality on (@Discovery\_SA) and (DiscoverySA).

Last updated: 18 March 2021