

WELLNESS SERVICES 2026

FITNESS + WELLNESS SUPPORT FOR YOUR EMPLOYEES

1

Fitness Classes

30-45 minutes \$199 +tax per class

Ask about special rate pricing for four or more sessions



CLASS	Ask to see our comprehensive list to view all fitness classes.
Stretch & Breathe	Stretching and breathing techniques proven to reduce stress in the body
Freestyle Dance Cardio	Perfect for all levels of fitness: a fun, active class to get you moving and grooving
Yoga	Flexibility, mobility and core strength, leaving you feeling calm and centered.
Boot Camp	High-intensity interval training, combining cardio, strength training and athletic conditioning
Flex & Flow	Greet the day with balanced strength, postural alignment, flexibility and stronger core muscles. Have fun while improving range of motion and overall functional fitness
Workday Stretching	Stretches designed and tailored to help those that are working in manufacturing, retail, truck driving, office and many other jobs. Get a gentle stretching workout while keeping in mind correct posture and reducing stress.
Low Impact Interval Training	Using cardio and muscle-conditioning intervals, this low-impact workout will improve your cardiovascular fitness, core strength and agility



2

Wellness Seminars

Approx. 1 hour | \$599 +tax per seminar

Ask about special rate pricing for four or more sessions

Brain Foods & Stress Solutions	Healthy Cooking Demonstrations
Mind Health: Building Mental Resilience	Intuitive Movement
How to fit Exercise into your Busy Life	Healthy Eating on a Budget
Work in Progress: Becoming your Best Self	Lifestyle Habits for Longevity and Healthspan
Thriving in a Hybrid Workplace	Optimizing Sleep for Energy and Success
Mental Health and Social Media	Stress Management in the Moment

Ask to see our comprehensive list to view all wellness seminar topics.

3

Nutrition Consultations

One-on-one personal consultations in 20- to 60-minute individual bookings

\$199 +tax per hour (min. 3 hours)

4

Ask an Expert

Get the answers you've always wanted from fitness or nutrition professionals. Make informed decisions about your health based on the most up-to-date expertise

\$199 to \$300 +tax per hour (min. 2 hours)

5

Onsite Massage: Chair or Roaming

Provides stress relief, tension release and muscle relaxation by a Registered Massage Therapist or Certified Massage Practitioner.

\$199 +tax per hour (min. 3 hours)