

WELLNESS MENU

FITNESS

- **ERGONOMICS:** \$100-\$150
One on One | Group
- **PERSONAL TRAINING:** \$35-\$80
One on One
- **GROUP FITNESS CLASS:** \$100-\$150
Strength | Cardio | Flexibility



MINDFULNESS

- **MEDITATION:** \$50-\$100
One on One | Group
- **REIKI:** \$50-\$100
One on One | Group
- **MINDFULNESS COACHING:** \$40-\$200
One on One | Group
- **MINDFULNESS BASED WORKSHOPS:** \$100-\$250
Practicing Mindfulness | Mindfulness Everyday



HEALTH

- **NUTRITION COACHING:** \$50-\$100
Behavior Change | Whole Foods | Hydration
- **HEALTH COACHING:** \$60-\$100
Weight loss | Nutrition | Stress Coping | Sleep | Positive Psychology Interventions
- **NUTRITION BASED WORKSHOPS:** \$100-\$250
Helping Families Eat Healthy | Eating for Energy



RECOVERY

- **CHAIR MASSAGE:** \$60-\$90
- **NORMATEC BOOT MASSAGE:**
Included (cost of boots \$1,500)

