

# WELLNESS MENU OF SERVICES

## SPA SERVICES

*manicure, chair massage, facials, and more*

## FITNESS CHALLENGES

*wellness, fitness, weight loss*

## GROUP EXERCISE CLASSES

*yoga, bootcamp, cycling, meditation, and more*

## WELLNESS PRESENTATION

### nutrition

*cooking demo, healthier happy hour, meal planning, grocery shopping, and more*

### fitness

*goal setting, strength 101, ask the trainer, injury prevention, and more*

### lifestyle

*guide to better sleep, stress relief, guide to better sleep, and more*

## SMALL GROUP AND PERSONAL TRAINING

### DESK ERGONOMICS

### CRYOFACIALS

*15 minute sessions*

### NUTRITION BLOCK COUNSELING

*15 minute consultations*

### SELF DEFENSE CLASS

*specialty, guest instructor led*

### GROUP ACUPUNCTURE

*up to 10 people*

### CPR/AED TRAINING

*American Red Cross instructor led, 6 people minimum and 12 maximum*

# A LA CARTE MENU OF SERVICES

## SPA SERVICES

*manicure, chair massage, facials, and more*

STARTING AT \$800 / 4 HOURS  
4 ARTISTS

## FITNESS CHALLENGES

*wellness, fitness, weight loss*

STARTING AT \$800 / WEEK

## GROUP EXERCISE CLASS STUDIO RENTAL

*yoga, bootcamp, cycling, meditation, and more*

STARTING AT \$120 / CLASS

## WELLNESS PRESENTATION

*nutrition*

- *cooking demo, healthier happy hour, meal planning, grocery shopping, and more*

*fitness*

- *goal setting, strength 101, ask the trainer, injury prevention, and more*

*lifestyle*

- *guide to better sleep, stress relief, guide to better sleep, and more*

STARTING AT \$225 / EVENT

## SMALL GROUP AND PERSONAL TRAINING

STARTING AT \$10/PERSON/SESSION

## DESK ERGONOMICS

*led by Aligned Modern Health*

STARTING AT \$120 / CLASS

## CRYOFACIALS

*15 minute sessions by Cryo-Effect*

STARTING AT \$300 / HOUR

## NUTRITION BLOCK COUNSELING

*15 minute consultations*

STARTING AT \$150 / HOUR

## SELF DEFENSE CLASS

*specialty, guest instructor led*

STARTING AT \$300 / HOUR

## GROUP ACUPUNCTURE

*up to 10 people*

STARTING AT \$300 / HOUR

## CPR/AED TRAINING

*American Red Cross instructor led, 6 people minimum and 12 maximum*

STARTING AT \$450 / CLASS

## BE WELL SHOTS

*B-12 injections administered by Raden Wellness*

PRICING UPON REQUEST