

WAYS TO WELLNESS PRICING GUIDE

Nutrition

Meet with a Registered Dietitian for a one-on-one session. Our dietitians will work with you to implement action that will help you meet your health and wellbeing goals. .

- 60 minute single session intro.....\$85
- 45 minute single session return.....\$70
- Intro Nutrition Package.....\$199
 - (one 60-minute, two 45-minute visits)

Functional Medicine

Required "Intro To Functional Medicine Class" before purchase

- Ways to Wellness Program (P1 insured employees/dependents) .\$99
- Ways to Wellness Program (non P1 insured employees).....\$448

Cooking Classes

Whether you are looking for healthy menus or a fun night out, we've got the class for you. You'll learn cooking skills, taste the fruits of your labor and take home tasty recipes. Most classes are full participation and include the option to enjoy a tasting pour of wine or beer.

- Single Cooking Class.....\$69
- 3 Pack Cooking Classes (savings \$48).....\$159
- 5 Pack Cooking Classes (savings \$96).....\$249
- Private Eventsstarting at \$89 p/p

Chef Consultations

Meet one-on-one with our culinary advisor. Spend this time learning to cook a healthy recipe, discuss healthy recipe alternatives or getting ideas for adding healthy ingredients to your diet.

- 60 minute single session chef consult.....\$100

Life Coaching

Sit down with one of our coaches to focus on any area of your life – career, parenting, relationships, health and more. Work together to design a customized plan of action. Mindfulness meditation can also be incorporated.

- 60 minute Visionary Visit.....\$85
- Mind-Body Package.....\$199
 - (one 60-minute, two 45-minute visits)
- 5-pack 45 minute visits.....\$325
- 12-pack 45 minute visits.....\$720

Personal Training

Meet with a personal trainer for a one on one session. Our trainer will work with you to develop a customized plan with your specific goals in mind.

- 30 minute single session.....\$50
- 45 minute single session.....\$70
- 60 minute single session.....\$85
- 5-pack 30 minute.....\$235
- 5-pack 45 minute.....\$325
- 5-pack 60 minute.....\$399
- 12-pack 30 minute.....\$480
- 12-pack 45 minute.....\$720
- 12-pack 60 minute.....\$840
- 16-pack 30 minute.....\$589
- 16-pack 45 minute.....\$799
- 16-pack 60 minute.....\$999

Empower Small Group Personal Training

Up to 6 individuals per class, 3 different class categories to choose from (Amped, Strength and Foundations).

- "Fast Track" 2 sessions (new Empower clients only)....\$125
- Single Class.....\$30
- 5 Classes.....\$125
- 10 Classes.....\$225
- 20 classes.....\$350

Pilates Reformer Individual Sessions

Private sessions with a STOTT Pilates instructor. Pilates focuses on developing optimal core stability, full body strength, flexibility and posture relieving tension and improving mobility.

- "Fast Track" 2 sessions (new Pilates clients only).....\$125
- 5 Private Sessions.....\$325
- 12 Private Sessions.....\$720

Pilates Reformer Classes

STOTT Pilates group class with up to 5 individuals.

- Single Class.....\$30
- 5 Classes.....\$125
- 10 Classes.....\$225
- 20 classes.....\$350

Memberships

Monthly Autopay memberships

- Massage 60 minute (1 or 2 per month).....\$69/138 +tax
- Massage 90 minute (1 or 2 per month).....\$104/208 +tax
- Ways to Wellness Fitness Center\$49
- Ways to Wellness Fitness Center Employee\$35
- Virtual Class Membership\$49

Wellbeing Classes

Please see the Quarterly Publication for the current class listing.

- Wellbeing Class.....\$25
- Couples Massage Class.....\$49

Specialty Assessments

Whether you want to see how many calories you burn at rest, find out your body fat and fat free mass or test your cardiovascular fitness level, this is a place you can start.

- Metabolic Calorie Test.....\$75
- Metabolic Calorie Test with Nutrition Consult\$125
- BODPOD Body Composition Initial Test.....\$99
- BODPOD Body Composition Retest.....\$60
- VO2 Max Fitness Initial Test.....\$149
- VO2 Max Fitness Retest.....\$99

Massage

- 60 minute single massage.....\$80
- 3 Pack 60 minute massage.....\$224
- 90 minute single massage.....\$115
- 3 pack 90 minute massage.....\$325

Community Acupuncture

- Intro Visit.....\$40
- Return Visit.....\$40
- 5-pack return Visits (savings \$25)