

Ways to Wellness Pricing Guide

Ways to Wellness offers a personalized approach to health and well-being, using our three pillars of holistic lifestyle coaching, nutrition and fitness, with a strong focus on mindfulness.

Facility Tours & Complimentary Consultations are available to discuss which program or service is right for you. Call 651-232-1926 or go to healtheast.org/wellnessrsvp to schedule.

Nutrition + Cooking Cost:

Dietitian or Chef Consult	Single session or packages available—see You-Pick-It's
Cooking Classes	\$59 per class 3-pack: \$159 5-pack: \$249
Cooking Class Private Event	Starting at \$89 per person, \$1250 minimum

Healing Services Cost:

Acupuncture	Intro Session:\$40 Return Session:\$40 5– Pack of Sessions:\$175
60 Minute Massage	\$80 single session \$224 three sessions
90 Minute Massage	\$115 single session \$325 three sessions

Specialty Assessments Cost:

Metabolic Calorie Test + Nutrition Consult	\$75 \$125
BODPOD Body Composition Test	Initial Test: \$99 Re-Test: \$60
VO2 Max Fitness Test	Initial Test: \$149 Re-Test: \$99

Mind Body Wellness Cost:

Holistic Lifestyle Coaching.	Available as part of the You-Pick-It
Meditation	Available as part of the You-Pick-It , or classes: Single class: \$12 5-pack: \$50 10-pack: \$80 20-pack: \$125
Private yoga	Available as part of the You-Pick-It
Well-Being Class.	Starting at \$25

Fitness Cost:

Personal Training	Single session or packages available—see You-Pick-It's
Group Fitness.	\$15 drop ins, \$80 for series See 8 for 80
Empower: Small Group Personal Training	See prices under Packages
Pilates Reformer	Private and group sessions. See prices under Packages

Programs & Packages

Cost:

Jump-Start Program	\$399
Expires 4 months from date of purchase	
Empower	Details below
You-Pick-It's	Details below
Mind-Body Skills.	\$199
Functional Medicine Package	Coming soon

Woodbury 24/7 Fitness Membership

Registration Fee	\$25
Community Member Price	\$49/ month
*additional family members: \$39/ month each	
Employee Price	\$35/ month
*additional family members: \$25/ month each	
24/7 Fitness Center Badge Access (Employees)	\$50 per year

You-Pick-It's

NEW! ZOOM
Virtual Appointments
Available now!

Choosing from the following services:

- Personal Training
- Nutrition Consults
- Yoga
- Run Coaching
- Holistic Lifestyle Coaching
- Meditation
- Chef Consults

Private	1 Session	5 Sessions	12 Sessions	16 Sessions
30 minutes	\$50	\$235	\$480	\$589
45 minutes	\$70	\$325	\$720	\$799
60 minutes	\$85	\$399	\$840	\$999

Pilates Reformer

Private Sessions

"Fast Track" 2 Sessions	\$125
Expires 2 months from date of purchase	
5 Sessions	\$325
12 Sessions	\$720

All Services (unless noted) expire 12 months from date of purchase.

Pilates & Empower Group Pricing

Group Classes

Single class	\$30
5 classes	\$125
single class & 5 pack expire 3 months from date of purchase	
10 classes	\$225
Expires 6 months from date of purchase	
20 classes	\$350

www.discoverw2w.org

Phone: 651-232-1926

Prices and services are subject to change.



Cancellation Policy

Appointment cancellations must be made 24 hours in advance of your appointment (no matter the weather conditions) or you will be charged the cost of the visit and/or it will be deducted from your visit package.

COOKING CLASS POLICY— cooking classes must be cancelled at least 1 week in advanced.

1825 Woodwinds Dr.

Woodbury, MN 55125

HealthEast 
A part of Fairview Health Services.