

Ways to Wellness Pricing Guide

Ways to Wellness offers a personalized and holistic approach to health and well-being, using our three pillars of life 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: \$138 5-pack: \$199
Cooking Class Private Event	\$75 per person, \$750 minimum

Mind Body Wellness Cost:

Life Coaching.	Available as part of the Life Coaching Package or as a You-Pick-It
Meditation	Available as part of the Life Coaching Package or as a You-Pick-It
Private yoga	Available as part of the Life Coaching Package or as a You-Pick-It
Well-Being Class.	Starting at \$25

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

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.

Specialty Assessments Cost:

Metabolic Calorie Test	\$60
+ Nutrition Consult	\$100
BODPOD Body Composition Test	Initial Test: \$75 Re-Test: \$50
VO2 Max Fitness Test	Initial Test: \$125 Re-Test: \$75

Programs & Packages

Cost:

Jump-Start Program	\$350
Expires 4 months from date of purchase	
Life Coaching Package	\$350
Functional Nutrition Package	\$350
Energize & De-stress	\$185
Empower	Details below
You-Pick-It's	Details below

You-Pick-It's

- Choosing from the following services:
- Personal Training
 - Nutrition Consults
 - Yoga
 - Life Coaching
 - Meditation
 - Chef Consults

Private	1 Session	5 Sessions	12 Sessions	16 Sessions
30 minutes	\$45	\$225	\$450	\$560
45 minutes	\$65	\$300	\$660	\$780
60 minutes	\$80	\$375	\$780	\$960

Pilates Reformer

Private Sessions

"Fast Track" 3 Sessions	\$175
Expires 2 months from date of purchase	
5 Sessions	\$325
12 Sessions	\$700

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

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 Badge Access	
(HE Employees)	\$50 per year

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	\$325

www.discoverw2w.org

Phone: 651-232-1926

Prices and services are subject to change. Prices effective January



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.

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HealthEast 
A part of Fairview Health Services.