

## Self Care

\$99 per Groomr per hour

Manicure

3/4 services per hour

Pedicure

2/3 services per hour

Mens Haircut

3 per hour

Beard Trim

4 per hour

Shoe Shine

5 per hour

## Diet & Nutrition Courses

\$350

All sessions are an hour unless otherwise noted

### Batch Cooking: Healthy Eating on a Budget

Learn how to shop smart and plan your meals with your HEALTH and you BUDGET in mind!

### Warning: Ingredients Ahead!

Here you will learn how to read nutrition labels and what they actually mean for your diet and overall health.

### Sugar Busters

In this class we will look at the most popular myths about sugar, where they hide, and why they are the NUMBER 1 cause of obesity in America.

### Fat Lies

In this class we will discuss the fallacies of a low fat diet and why certain fats are an excellent ingredient to a healthy diet!

## Exercise & Movement

\$250

Classes range from 30-45 minutes

### Deskercise

You know sitting is the new smoking! Here you will learn breathing, stretching, and movement exercises you can implement into your daily routine

### Move and Mobilize

Easy stretching and strengthening exercises combined with targeted breathing to help students understand the patterns of movement that reduce stress.

### Hip Hop Cardio

Our instructors literally "break it down" in this step by step dance and music infused cardio class. You can group into teams or go solo!



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# Mindfulness

\$150-\$200

*Classes range from 30 minutes to an hour*

## Restorative Meditation

*(30 min) Laying down, guided through deep states of awareness and rest*

## Vinyasa Yoga

*(1 hour) Requires you to hold a pose*

## Hatha Yoga

*(1 hour) Traditional style Yoga, slower moving*

## Desk Yoga

*(30 min) Yoga incorporating desk, chair, and wall*

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# Reward

\$79-\$350

## Chair and Table Massage

*\$79-99 customize your experience with 10,15,20, Or 30 min massages*

## Bring your Goals to Reality

*Group class or 6 week individual coaching on how to set goals and the steps needed to bring them into reality! Please inquire for pricing*

## Hand and Foot Reflexology

*\$79-99 Relieve tension, and illness through reflex pressure points on hands and feet*

## Terrarium Crafting

*Soothe your mind and invigorate your senses with the art of terrarium crafting. This team building activity is \$20-\$25 per person and will inspire and motivate you and your team.*

