



Photo by Richard Olson
RBS/01.02.20/www.kirkoskornet.com



Energize your Body. Energize your Life.



CORPORATE WELLNESS

A healthy workforce is a productive workforce.

Caring for your employee's health welfare expresses your appreciation for their contribution and creates a positive high moral atmosphere. Studies show that healthy employees can save your company money and improve your bottom line.

A Corporate Wellness Program can help by:

- * Reducing Turnover
- * Reducing Absenteeism
- * Stress Reduction/Improve Mental Health
- * Improve Communication/Workplace Bonding
- * Decreasing Healthcare Costs
- * Higher Energy and Engagement
- * Stress Reduction/Improve Mental Health

Increases employee health and happiness to ensure a more enjoyable work environment!
Contact us now for Corporate Member Discounts!

RACHEL PITCHER
Owner/CEO



CASCADE WEST BUILDING
20829 72nd Ave S., Suite 110, Kent, WA 98032
206-679-8783 (Voice/Text)

 info@rachelbodyshop.net
www.rachelbodyshop.net



Certified NASM, APEX and ACE Personal Training

Open 24 Hours / 7 Days a Week

Located at the beautiful Centerpoint Corporate Park



FACILITY

Rachel's Body Shop has been helping people energize and shape their bodies since 2001. The facility is open to its members 24/7 by key card access. Rachel's Body Shop is best known for its cleanliness and friendly community vibe where everyone fits in. It's fully equipped compact size, round the clock hours and secured location make it convenient for members to squeeze in a workout anytime that's convenient for them.

- * No Annual or Hidden Fees
- * 3 Membership Options
- * Personal Training
- * Corporate Discounts
- * Multipurpose Cable System
- * Cardio Machines
- * Circuit Training Machines
- * Free Weights; Squat/Bench Racks
- * Lockers for daily use and monthly rent
- * Sweat and cleaning towels provided

MEMBERSHIPS

6 Month Contract

\$30 per month \$49 Enrollment Fee

Must pay first and last month's dues at enrollment

Membership will continue monthly until cancelled

Month to Month Membership

\$32 per month \$69 Enrollment Fee

Must pay first and last month's dues at enrollment

12 Month Contract; P/F at Enrollment

\$28 monthly breakdown \$29 enrollment Fee

Access key cards \$10

PERSONAL TRAINING

Personal training packages include:

- * Goal assessment
- * Weekly Weigh-ins (monthly measurements and body fat testing)
- * Exercise Routines
- * Cardiovascular and Strength Training
- * Weight Loss and Nutritional Counseling

Personal Training Rates:

Sessions length, 1 hour

- * \$70 Single Session
- * \$60 Per Session/ 4 Sessions
- * \$55 Per Session/ 8-12 Sessions
- * \$50 Per Session/ 18 Sessions or More



www.rachelbodyshop.net

