

CORPORATE WELLNESS

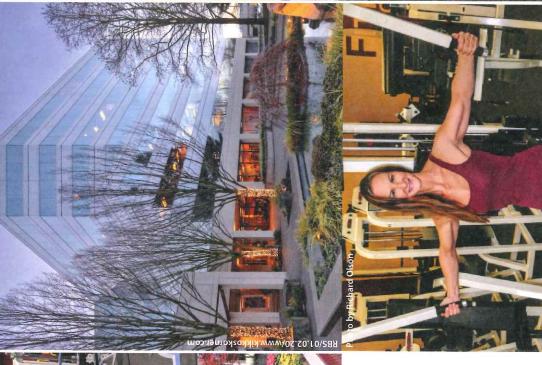
A healthy workforce is a productive workforce.

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



20829 72nd Ave S., Suite 110, Kent, WA 98032 CASCADE WEST BUILDING

206-679-8783 (Voice/Text)



www.rachelsbodyshop.net info@rachelsbodyshop.net



Energize your Body. Energize your Life.





Open 24 Hours / 7 Days a Week

Located at the beautiful Centerpoint Corporate Park







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

- * 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





6 Month Contract

Membership will continue monthly until enrollment Must pay first and last month's dues at \$30 per month \$49 Enrollment Fee

Month to Month Membership \$32 per month \$69 Enrollment Fee

cancelled

Must pay first and last month's dues at enrollment

\$28 monthly breakdown \$29 enrollment Fee 12 Month Contract; PIF at Enrollment

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



