

# the grounds

GRACE | GRIT | GRATITUDE

An all natural, all encompassing biophilic wellness facility. Here we will build the foundation, from the ground up, of how to obtain, train, and retain the true meaning of wellness. Offering fitness classes, Yoga sessions, indoor and outdoor sweat space, and a magical wellness recovery spa. The Grounds is your all-natural oasis to strengthen the body and solidify the mind through grace, grit, and gratitude.

## Open Gym Hours

**Monday & Tuesday:** 8:30 am - 5 pm

**Wednesday:** 9 am - 5 pm

**Thursday:** 8:30 am - 5 pm

**Friday:** 8:30 am - 9 pm

**Saturday:** 10:30 am - 9 pm

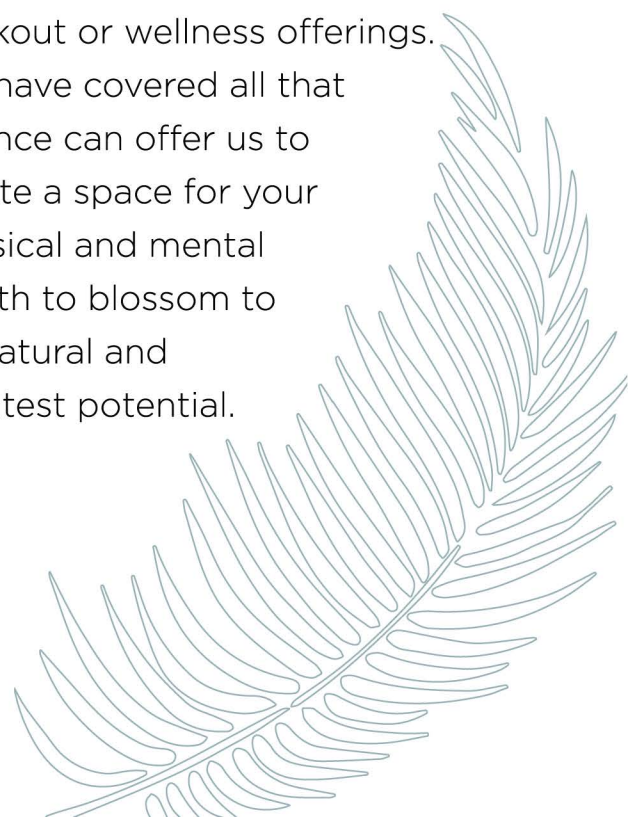
**Sunday:** 11 am - 5 pm

## NATURE INSPIRED - WHY BIOPHILIC GYMS ARE THE FUTURE

### **Biophilic bio-phil-ic | \ bī-ō-'fi-lik:**

of, relating to, or characterized by biophilia : relating to, showing, or being the human tendency to interact or be closely associated with other forms of life in nature.

As a brand who vows true to sustainable and environmentally sound practices, we have selected a biophilic philosophy to our facility design. Utilizing natural circadian light rhythms, pathogen free air quality, oxygen enhancing plants, and multisensory sound and aromatherapy techniques to boost productivity and expedite results during and following any workout or wellness offerings. We have covered all that science can offer us to create a space for your physical and mental health to blossom to its natural and greatest potential.







GRIT

## STRENGTH AND CONDITIONING

This elite level training program is for anyone willing to shed unwanted body fat while putting on strong, lean, hypertrophic muscle. With strength training combined with cardio finishers, these classes will leave you breathless, feeling powerful, and certainly some quality soreness.

## ELEVATE

Elevate is a high-intensity fitness class specifically designed to challenge and strengthen both your body and mind. This 50 minute class is divided into two parts: 25 minute heated HIIT (High Intensity Interval Training), followed by 25 minute deep stretching.



GRACE

## VINYASA YOGA

Inspired by true Eastern derived flow, this class will bring your body in tune with your mind, and your mind in tune with your soul. Become the metaphysical. You will not just do yoga, you will learn yoga, feel yoga, become yoga. Between challenging poses, sweaty core work, body stabilization, integrated balance and elongated savasana's, this class will leave you in a state of control, focus, and an irreplicable energy.

## ELECTRIC

Our very own fusion of mat Pilates, Barre, Sculpt, and Yoga. This class was designed for lovers of all movements. Being low impact on the joints, allowing for an extra dose of mobility and stability, this class is built for toning, strengthening, flexibility, and to let loose to the beat of a hot playlist in a hot room.

## THE RECOVERY ROOM

The physical work we do in the studio, whether that be during a high intensity session, a mindful yoga experience, or working solo in the open gym is only a fraction of the work our body expects from us in our journey to maximize our wellbeing. Our bodies and minds thrive with a well-rounded physical challenge, accompanied by a strategic and normalized relationship with mindful recovery techniques. The Recovery Room is designed to enhance your focus, expedite your progression, generate maximum blood flow, decrease inflammation, and reduce mental and physical fatigue.

## FEATURES OF THE RECOVERY ROOM INCLUDE



### Sauna

- Detoxes skin and cells
- Aids in recovery time
- Reduces stress
- Increase blood flow and circulation



### Normatec Legs and Theragun

- Decreases lactic acid and soreness
- Improve circulation



### Ice Plunge

- Immunity
- Resilience
- Breathwork
- Decrease inflammation



### Zerobody Float Tank

- Increase of serotonin production
- Anxiety reduction
- Aids in the decrease of insomnia
- Blood circulation

# SERVICES

## RECOVERY ROOM

### ZeroBody

Current Members get **one 50% off session (30 MINUTES)**  
 Thereafter: **\$80** to float for 30 minutes

### Plunge Pool

Current Members get **one 50% off session (10 MINUTES)**  
 Thereafter: **\$30** to freeze for 10 minutes

### Normatec

Current Members get **one free session (20 MINUTES)**  
 Thereafter: **\$20** to compress for 10 minutes

### The Wonder Recovery Package

RICE: Rest Ice Compress & Elevate / Package of all 3 above  
**\$110** for all 3 in a one hour session (\$20 OFF VALUE)

## 1 ON 1

### Health & Wellness Coaching

Free 60-minute consultation

**\$125** per individual session

3-6 month package options

(2 SESSIONS PER MONTH, DISCOUNTED AT 25% WITH PREPAY)

All session include:

1 free choice of any other service provided (LIMITED TIME OFFER/30 DAYS); unlimited access via email/text support; wellness handouts/questionnaires/assessments; science-based evidence studies; tailored recommendations; book recommendations; meditation guidance; recipes/diet information; mindfulness programs; and weekly check-ins.

### Guided Meditation

Free 20 minute 1 on 1 guided meditation

"Booked Drop in" **\$80** per session

4 sessions per month for 3 months (4 SESSIONS PER MONTH)

**\$180** \$45 PER SESSION, GUARANTEED 12 SESSIONS

2 sessions per month for 3 months (8 SESSIONS PER MONTH)

**\$110** \$55 PER SESSION, GUARANTEED 6 SESSIONS

### Personal Training (Strength and Yoga)

#### MONTHLY

INDIVIDUAL, RECURRING

**\$360** 4 SESSIONS PER MONTH

**\$600** 8 SESSIONS PER MONTH

**\$720** 12 SESSIONS PER MONTH

#### MONTHLY

SMALL GROUP, PER PERSON, RECURRING

**\$270** 4 SESSIONS PER MONTH

**\$450** 8 SESSIONS PER MONTH

**\$540** 12 SESSIONS PER MONTH

#### PACKAGE

PAID IN FULL

**\$800** 4 SESSIONS PER MONTH (\$80/SESSION)

**\$1400** 20 SESSIONS PER MONTH (\$70/SESSION)

**\$1800** 30 SESSIONS PER MONTH (\$60/SESSION)