

2024 Jenfit & Fresh Wellness Café Services

Fitness Membership:

All Inclusive: Open Gym + Group Fitness Classes	\$45/month
Just Open Gym: Use of Gym Equipment only	\$30/month
Just Group Fitness: Attending Group Fitness Classes Only	\$35/month

Services Solo:

Nutrition Response Testing (NRT):	\$75/60 min
Nutrition Consult:	\$40/60 min
Red Light Therapy:	\$10/10 min
Infrared Sauna:	\$30/30 min
<i>Cold Plunge (coming soon)</i>	\$15/ 3-6min
Fire & Ice Session: (30 min sauna, Cold Plunge, Vit C Shower)	\$40/session
Full Therapy Session (RL, IF, LT, Grounding)	\$40/45min
Massage: (pay to Katie Diller)	\$65/1 hr
	\$35/30min

Wellness Packages:

Wellness Start Up : NRT, Full Therapy Session, Personal Training, 5 Jenfit Meals \$155

Fitness Focus: 3 personal Trainings, 4 weekly check ins, month all inclusive \$150

Jenfit Sampler:

30 min massage, full therapy session, 1 fitness class, detox lemonade, jenfit meal \$70

Nutrition Sampler: NRT, 4 week journal, 4 check in weekly, pantry purge session \$100

