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

Cold Plunge (coming soon) \$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

Service Packages:

Full Therapy Packages: 3pk \$100 (10% off)

6pk \$190 (15% off)

10pk \$300 (25% off)

• Sauna, red light, lymphatic, grounding

Fire & Ice Packages: 3pk \$100 (10% off)

6pk \$190 (15% off)

10pk 360 (20% off)

• Sauna, vitamin c shower, cold plunge

Membership Perks: * for those attending 9+times a month

BRONZE LEVEL	SILVER LEVEL	GOLD LEVEL
\$75/month	\$100/month	\$180/month
(save \$90)	(save \$105)	(save \$235)
All inclusive	All Inclusive	All Inclusive
Red light 3/week	Full Therapy 1/wk	Full Therapy 2/week
%10 off jenfit services	%15off jenfit services	%20off jenfit services

^{**} discount excludes jenfit meals