



St. Jude Wellness Center Menu of Services

FITNESS

Meet with our highly skilled fitness specialists in the gym in the yoga suite, or in our state-of-the-art Pilates reformer studio.

Personal Training

Private Session/5-pack	\$80/\$375
Duet/5-pack	\$60/\$275
Mini Group/5-pack	\$40/\$175

Health Assessments

15 minute body composition	\$15
30 minute full assessment	\$40

Specialized Group Fitness Cohorts

Meet twice per week with a trainer and your peers to work toward specific health goals. Includes health assessment, Open Gym hours & discounts..

Medical Group Fitness	\$100/mo
Supervised Group Fitness	\$75/mo
Pilates Reformer Groups	\$175/mo

NUTRITION

Our registered dietitian will help you meet your health goals through real food recommendations.

Health Coaching

Private Consult/5-pack	\$80/\$375
Follow Up/5-pack	\$40/\$175
Cooking Class & Grocery Tour	Costs Vary

Nutrition Accountability Packages

Accountability packages include unlimited access to our EatLove digital meal planning app and bimonthly checks with the dietitian.

3 month package	\$199 or \$66/mo
6 month package	\$360 or \$60/mo
12 month package	\$660 or \$55/mo

Functional Nutrition Programs

Work with a dietitian who will use functional lab results to help you achieve more advanced outcomes. Current conditions include women's hormone health and GI concerns.

RESTORATIVE HEALING

Mental health, restorative breath work and self-care are critical to whole-body health. Work with a variety of specialists to meet your restorative needs.

Massage Therapy

Modalities include Swedish, lymphatic drainage/oncology, craniosacral, Thai, Lomi Lomi, prenatal, abdominal, myofascial & reflexology.

50 minute session/5-pack	\$80/\$375
20 minute session/5-pack	\$40/\$175

Add-ons: hot stone, foot/back

Scrub, sound bath & aromatherapy	\$10
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Breath & Meditation Coaching

50 minute session/5-pack	\$80/\$375
20 minute session/5-pack	\$40/\$175
Group Sound Bath	\$40

Reiki & Watsu (water shiatsu)

50 minute session/5-pack	\$80/\$375
20 minute session/p-pack	\$40/\$175

MEMBERSHIPS & PROGRAMS

Total Wellness Membership \$175/mo
Includes access to video library, plus monthly massage, personal training of choice, 15min health assessment & 20min health coaching plus, 10% off all other services.

Massage Membership \$75/mo
Includes monthly massage + 10% off more massage purchases.

Personal Training Membership \$75/mo
Includes monthly personal training + 10% off more personal training purchases.

Workshops & Other Programs

COVID Recovery Program (virtual)	\$49
Virtual Webinars	FREE
Wellness Workshops	\$25-150
Vimeo Wellness Channels	FREE

Ask us about senior & employee discounts, corporate wellness & our other health programs!

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