

# Virtual Wellness Offerings

FROM F3 WELLNESS CONNECTIONS

- HEALTH & WELLNESS -



## VIRTUAL FITNESS CLASSES

Connect your residents with group classes, completely online! Available for Yoga, High Intensity Interval Training (HIIT), and Boot Camp.

One-time Class	<b>\$ 95</b>
Recurring Rate (1 or more/week)	<b>\$ 76</b>

## GUIDED MEDITATION

Help your residents find their center with calming group classes. Each 60-minute session is focused on guiding relaxation and an increased sense of self.

One-time Class	<b>\$ 95</b>
Recurring Rate (1 or more/week)	<b>\$ 76</b>

## VIRTUAL SPECIALTY CLASSES

Kick group fitness up a notch with these virtual specialty classes. Available for high-octane Kettlebell Training or relaxing Tai Chi.

One-time Class	<b>\$ 150</b>
Recurring Rate (1 or more/week)	<b>\$ 125</b>

## VIRTUAL NUTRITION COACHING

60-minute nutritional presentations with our registered dieticians. Potential topics include: managing cravings and stress eating, introduction to immune-boosting foods, setting and sticking to nutritional goals, and more.

One-time Class	<b>\$ 250</b>
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- LIFESTYLE -

## VIRTUAL SUSHI ROLLING

Roll and cut perfect sushi rolls, guided by our professional sushi chef! This class includes the cost of one class kit per participant (incl. cooked rice, sushi-grade fish, vegetables, and rolling mat). On class day, our chef will deliver the class kits directly to your building, then host the course via Zoom!

Cost Per Participant (Min. 15)	<b>\$ 40</b>
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## VIRTUAL MIXOLOGY 101

Missing your favorite happy hour? We've got the perfect solution. This 60-minute class features three healthy twists on classic cocktails, with instruction from our mixologist. This course focuses on lower-calorie alcohols and healthy mixers, offering a fresh take on your favorite drinks! Recipe lists and dedicated links to purchase bar cart supplies will be provided two weeks before class day. Alcohol and mixers can be purchased through the DC-based delivery service, Drizly.

Cost Per Class	<b>\$ 150</b>
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## VIRTUAL COOKING CLASSES

60-minute instruction in a delicious and nutritious three-course meal prepared by our private chef and nutritionist! Choose from Brunch, Lunch, or Dinner offerings. Grocery lists will be sent one week before class day, and recipes will be provided after the course is completed.

Cost Per Class	<b>\$ 250</b>
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To schedule your virtual health & wellness class, contact [sarah@f3wellnessconnections.com](mailto:sarah@f3wellnessconnections.com).