



**LIFESTYLES HEALTH & WELLNESS CENTRE
PRESENTS:
*Relaxation & Rejuvenation Packages!***

NOW ACCEPTING BOOKINGS FOR 2018!

CELEBRATE YOUR BRIDAL SHOWER, BIRTHDAY, SPECIAL OCCASION
OR JUST A CHANCE TO GATHER YOUR GIRLFRIENDS OR TEAM
MEMBERS!

We are pleased to offer a variety of services to meet the needs of your group. Choose from a number of options to create your own package to include a day of wellness and pampering.

On-site services can include your own private fitness class, individual pampering services such as massage, aesthetics, reflexology and energy work as well as the option for a group presentation or workshop and healthy lunch or snacks.

Customize your own event or choose from one of our pre-set packages.

Contact us today to reserve your day of pampering for you and your friends!

Lifestyles Health & Wellness Centre
(506) 832-4848 www.lifestylesfitnessstudio.ca

SERVICES AVAILABLE:

Massage

Aesthetics (facials, manicures, pedicures)

Reflexology (foot, hand or facial)

Energy Work (energy balancer)

Group Fitness

- Zumba
- Pound
- Yoga
- HIIT
- Other class of choice

Group workshops

- Essential Oils
- Energy Medicine
- Stress Management
- Health Eating
- Other topics of choice

Additional services available:

- Painting parties
- Drumming workshops
- Art classes and more!

Healthy snacks and/or lunch may be provided

SERVICE PROVIDERS:

Aaron Murphy, RMT

Alana Sheppard, Aesthetician

Jennifer Gendron, Health & Wellness Coach

Jill Waddell, Holistic Nutritionist SFL

Kimberley Wilcox, Reflexologist

Station 33 Cafe

Sue Hooper, Art & Energy Medicine

Our facility is equipped to welcome groups of 6 to 25 women for your customized package. On-site amenities include shower and sauna facilities, coffee service, air-conditioned studio, cozy classroom and individual treatment rooms.

For more details or to discuss your customized package, contact us today at 832-4848.