



Inspiring
Healthy Lives

Onsite Wellness Services



Designed for Chicago's
Finest Luxury High Rises



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www.KbFitnessSolutions.com



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HOME IS WHERE THE HEALTH IS

Let your residents know that you care about their well-being by providing an onsite wellness program, the amenity that creates a healthy & happy environment to call home.

The information provided will allow you to understand the purpose of what we offer and how we contribute to the health and happiness of your residents. We understand that the market is very competitive, and it is our goal to add that extra touch to help make your high rise stand out from the rest. We strive to work with your team to create unique initiatives to demonstrate to your residents that you have continued interest in inspiring them to lead healthy lives.

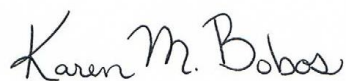


Kb Fitness Solutions, Inc. specializes in catering to the busy lifestyle, helping residents manage work-life balance. All of our services are brought to the home, helping them fit health and wellness into their busy schedules. When an organization participates in our Benefits & Rewards Program, we provide discounted services to the residents, the employees, and monthly complimentary perks to show our appreciation to their commitment to *Inspiring Healthy Lives*, such as chair massage after the stressful tax season and a class on creating healthy holiday cocktails between Thanksgiving and New Years' Day.

The Kb Fitness Solutions, Inc. professional team consists of exercise physiologists, certified and degreed personal trainers, certified and trained yoga instructors, licensed massage therapists and registered dietitians. Our professional team assures high quality services and successful outcomes.

Kb Fitness Solutions, Inc. is here for the residents' needs and to help motivate them to succeed in achieving their health and wellness goals! It is our mission is to continue *Inspiring Healthy Lives*.

In Good Health,



Karen M. Bobos, MSed
Owner, Exercise Physiologist

WHY CHOOSE KB FITNESS SOLUTIONS, INC.?

Customized Programming

- Before beginning any wellness program, we like to survey the residents to understand their needs and interests when it comes to health and fitness.
- We specialize in designing wellness programming to work within any budget.
- Your building will have their own designated website to keep residents up to date on the current wellness services at your building.

Attention to Detail

- Communication is at the utmost importance to achieving quality performance and results. We are dedicated to exceeding your expectations and listening to your needs.
- One of our team members will be providing monthly site visits to assure service cards & welcome packet cards (New Home, New You) are replenished and wellness marketing materials are visible and displayed in a professional manner.

Passionate Team

- Our team of health care professionals loves their job. They are passionate and motivating in helping individuals achieve successful outcomes.
- Our health care professionals have degrees, licenses, and certifications, assuring a high level of knowledge in their field. Each team member attends ongoing continuous training to stay up to date with the latest and greatest in health and fitness.



Safety, Insurance, & Confidentiality

- Our team of experts has the knowledge and education to assure that each program is designed with safety measures stressed, whether spinal alignment, appropriate intensity levels, or other means.
- Each one of our team members is certified in CPR, AED, and First Aid should an emergency situation occur.
- Several of our team members are American Heart Association CPR, AED, and First Aid instructors and can host CPR, AED, and First Aid trainings at your worksite.

- Kb Fitness Solutions, Inc. will place your corporation/organization as an additional insurer on our policy to provide additional coverage. A copy of our insurance policy will be provided prior to beginning any service.
- We abide by HIPAA regulations. All data and information received from your firm and residents is kept confidential and nothing is released to second or third parties.

Successful Outcomes

- Everyone is different. Some people are motivated with group challenges. Some individuals enjoy their workouts as their own personal time to destress. Our team welcomes the challenge and embraces your residents' individuality. It is only then that we can determine how to help each person succeed.
- With our professional guidance, we guarantee successful results! People don't gain weight overnight, and therefore, we must understand that weight loss and other wellness goals take time. We educate individuals that it takes 12 weeks to create a habit. We take their focus to the immediate positive results through leading a healthy lifestyle, such as better sleep patterns, decreased low back pain, enhanced levels of happiness, and improved time management skills. When people make time for wellness, they naturally learn how to manage time more efficiently and prioritize. People who make time for health are higher performers in all areas of life.

Customer Satisfaction

- It is Kb Fitness Solutions, Inc.'s mission to continuously provide high quality services. We provide evaluations after major programs and bi-annually to assure we are listening to our client's needs. Health and wellness can be an ongoing process of determining what works well, therefore, it is important to re-evaluate residents' needs and be able to adapt easily to necessary changes.



Benefits & Rewards Program

Kb Fitness Solutions, Inc.'s mission is to help create a healthy and enjoyable environment for residents. If you choose Kb Fitness Solutions, Inc. to be your organization's sole provider of wellness services, your organization will receive many benefits. We are honored to be your wellness provider. By participating in our Benefits and Rewards Program, your company and residents will receive special rates and complimentary services.



Complimentary Services for Residents

When your residents or employees participate in personal training, massage, nutrition, or yoga services, Kb Fitness Solutions, Inc. will reward all of the residents in the building. The management team can choose one of the following when 30 sessions take place in a single month. Complimentary services must be used within 60 days from the month that they are earned.

30 Sessions per Month

= ONE of the following benefits for residents and employees:

1. Healthy Happy Hour: Enjoy low calorie cocktails and take-home recipes for 50 guests
2. 2 Hours of Chair Massage: Relax with chair massage from one of our licensed-massage therapists.
3. 2 Group Fitness Classes: Choose yoga, kick boxing, Zumba, dance, or cardio circuit.
4. Grocery Shopping Tour or Nutrition Presentation

Discounted Services

Special rates will be extended to all Residents, Employees & Building Management Team

- Up to 15% OFF all services for the management group to purchase for residents
- Discounted services for residents and employees, including personal training and more.
- Discounted pricing for specialty programs (Beach Body Boot Camp)

Wellness Days

Educating your residents on health and wellness is a big part of Kb Fitness Solutions, Inc. mission to continue *Inspiring Healthy Lives*. Wellness days would include such services as body fat testing and blood pressure screening.

Complimentary Initial Fitness Assessments

With any resident's initial personal training package purchase (minimum of 6 sessions), they will receive a free fitness assessment. Knowing how fit you are is determined by assessing the five components of

fitness: body composition, aerobic capacity, muscular endurance, muscular strength, and flexibility. Having these baseline values will help individuals set goals on how to improve their fitness levels.

Monthly Wellness Specials

Each month, we will provide residents with different wellness specials, beyond the discounted rates already available with the wellness partnership.

Annual Meet and Greet Celebration

Guests will have an opportunity to mix, meet, and mingle with Kb Fitness Solutions, Inc. team members while enjoying gift bags filled with treats from our sponsors. This can be used as your program launch celebration.

BEGINNING the PARTNERSHIP

By participating in our **Benefits & Rewards Program**, Kb Fitness Solutions, Inc. will be the sole **promoter** of all services that Kb Fitness Solutions, Inc. provides, including, but not limited to personal training, massage therapy, nutrition services, personal chef services, yoga classes, etc. to your organization. Promotions on the premises would include fliers, postings, mass emails, and a banner in the fitness center and common area, lobby, etc. Additional advertisement means are always welcome, such as elevator fliers or television postings, staffed- lobby registration and information tables.

Kb Fitness Solutions, Inc. provides in-home wellness services, as well. **We would never insist that a resident must work only with our team in their personal home or building fitness center**, but hopefully they will want to work with our team once they see the amazing results we provide! We just ask that other personal trainers, wellness companies, etc., do not leave promotional items on the property or stay in the fitness center pre or post clients to solicit their services.

Benefits & Rewards Program is effective once the agreement is in place. You may opt out of the program at any time with a 30-day written notice. All benefits accumulated during your agreement period will still be honored.

Referral Program

Refer Kb Fitness Solutions, Inc. and our **Benefits & Rewards Program** to other buildings in your network and participate in our referral program. When a building mentions your name for referring them, you will receive one of the following:

- Two hours of Chair Massage for your entire management office
- A personal training session for each person on your management team
- A yoga class and healthy brunch for your management team

Other services are available upon request. Services may be provided to residents instead of the management team. Being a part of our referral program is a great way to inspire others to improve their wellness as well as rewarding yourself!

Group Fitness Classes

Stay above the competition by offering your residents our most popular service line, group fitness classes. Choose to host classes weekly, monthly, or several times per week. Pricing is based on the following:

1. Whether or not you are participating in our Benefits & Rewards Program
2. Whether you pay for classes monthly, quarterly, or annually
3. If you are offering three or more classes per week

Classes can take place in a group fitness studio (if available), a party room, an empty apartment, or on the sun deck if weather allows. Class participation is based on capacity of the space, with no more than 20 participants for safety reasons. We allow a wait list of 5 residents who are automatically emailed once someone on the roster notifies the Kb Fitness Solutions, Inc. team that they can no longer attend the class.

Participants will receive an email when they register for the class and a 24-hour reminder email the day before the class. All participants must complete a participant waiver and PAR-Q (Physical Activity Readiness Questionnaire).

Classes can be changed or cancelled monthly, but not in between months as our instructors have already committed their time to your building. If an instructor cannot teach their scheduled class, Kb Fitness Solutions, Inc. will assure that there is a qualified substitute instructor for the class.

TYPES of CLASSES

Below is a list of our most popular classes. Per request, we can provide any type of class as long as it is a safe and effective format. For example, we have had a request for modern dance classes, ballet bar classes, which we were able to source an instructor and provide for residents. Residents may also ask us to put together a private class for them, which we are happy to accommodate.

Yoga

Our most requested class is held at practically all of the buildings we work with. All of our instructors teach a version of Hatha Yoga. Because there are so many styles of yoga, the class description is posted on their bio, which is connected to your building's designated website.



Boot Camp/Beach Boot Camp

Our second most popular class, which is led by one of our certified and degreed personal trainers, can be conducted in or outdoors with little or no equipment. Some buildings that are close to the beach even host beach boot camps at the beach. Participants love the lakefront workouts!

Pilates

Pilates is a conditioning routine designed to build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, developing a strong core, and improving coordination and balance.



Strength Training

This class can target the entire body or particular muscle groups. They are led by one of our certified and degreed personal trainers can be conducted in or outdoors with little or no equipment. We can recommend equipment for purchase if needed, such as resistance bands.

Cardio Circuit

Combining strength and cardio exercises to burn more calories, this class is a full body workout. Led by one of our certified and degreed personal trainers can be conducted in or outdoors with little or no equipment. We can recommend equipment for purchase if needed, such as resistance bands.

Zumba

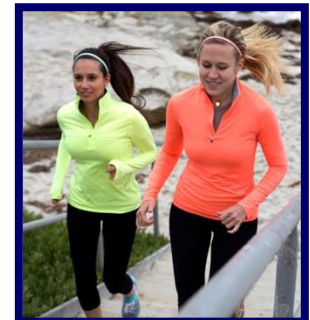
Dance into a fit body with ZUMBA®, which blends elements of Latin dancing and hip hop for a high-energy class that makes students of all levels feel both welcome and challenged.

Kick Boxing

Punch, jab, and kick into shape in this high-impact workout.

Running Club

Typically this group meets one to two days per week around 6:30pm. One of our certified and degreed personal trainers will lead the group on an organized run throughout the neighborhood. We recommend that runners RSVP in advance, but often residents just meet in the lobby if their day allows. Each week, we will send members tips on improving their run.



PRICES

Service	Price	Program Discount	Paid for Quarterly (weekly services only)	Paid for 12 month (weekly services only)	3 or More Classes per week
Group Fitness Classes (60 minutes)	\$95	\$85.50	\$80	\$75	\$80 \$75 (paid quarterly) \$70 (paid annually)
Running Club	\$95	\$85.50	\$80	\$75	\$80 \$75 (paid quarterly) \$70 (paid annually)

Healthy Cooking Class Series

Treat your residents with 6-months of healthy cooking classes. Provided below is Kb Fitness Solutions, Inc. quarter 3 and quarter 4 healthy cooking classes. These are only suggestions based on some of our most popular classes and dishes. We are happy to substitute any class per request.

All classes include the cost of food, serve ware, and cocktails (if allowed). Each class is 90 minutes in length and then guest are welcome to stay, enjoy, and socialize with other residents. We will provide two registered dietitians from our culinary team to lead the class. Classes are priced for 20 participants. We recommend hosting multiple classes if the demand is higher to ensure individualized attention is allowed.

Residents will enjoy this social event while learning how healthy eating can be made easy, delicious, and convenient. A healthy cocktail is created in each class, but guests are welcome to bring their own wine if they choose.

We recommend providing a healthy cooking class once a month. Choosing every first Wednesday, for example, is a nice way for residents to remember to mark their calendars.

JANUARY

Waking Up to a New You

With a new year comes a brand new you! Make sure to begin the morning off right with a healthy start to your day. Our dietitians will show how to make delicious breakfast items for a nutritious meal worth waking up for. Guests will also learn how to make a fruity and refreshing low calorie cocktail.



FEBRUARY

Heart Healthy Desserts

You've only got one heart, so make sure to treat it to some loving and indulge in our healthy desserts. Finally you can satisfy that chocolate craving or sweet tooth you've had, and eat the mouthwatering treats our nutritional experts will create. This class also includes a low-calorie cocktail, for an extra decadent finish.



MARCH

Spring Clean Eating

That time of year is finally here again, and with the spring season starting out, guests will be able to take advantage of the fresh vegetables in season with our nutrient based meals. Our Registered Dietitians will display their cooking skills creating dishes such as asparagus risotto, pan roasted artichokes, and a vitamin packed garden salad. A light low calorie cocktail will help guests feel the season even more.



APRIL

Feeling Fruity

Forget the gloomy April rain, we're enjoying the wonderful different ways that fruit can be cooked! These dishes range from savory, to sweet, to sometimes even spicy! Our team of professionals will show how to make some familiar meals, as well as some completely unique ones. At the end, guests will also partake in the making of a low-calorie cocktail, that is, in fact, a fruity one.



MAY

Fish Frenzy

Fish is one of the most nutrient dense foods around, with it being low in fat, high in protein, and rich in Omega fatty acids. What better way to incorporate some new fish dishes into your diet than with our professionals showing you how. Guests will also receive a delicious low-calorie cocktail to perfectly compliment their meal.



JUNE

Summer Sides

With the summer arriving, naturally comes grilling, and the side dishes along with it. Our nutrition experts will show how to make succulent side meals to ensure a healthy start to the season. Guests will also enjoy the making of a fruity low-calorie cocktail. With the sun in full swing, there's no reason why your healthy cooking skills can't be shining as well.



JULY

One Hour to a Fabulous (and Healthy) Cocktail Party

With the summer months comes increased evenings of cocktail parties complimented with wearing less layers of clothes. This class offers the perfect combination of low calorie cocktails and healthy, easy-to-make delicious appetizers. Those hot summer nights can be enjoyed, guilt-free. Guests will create 3 healthy appetizers and 3 low calorie cocktails in this class.



AUGUST

Sizzling Summer Healthy Grilling Dishes

Summer barbeques can be so much more than grilling hotdogs and hamburgers. Allow our experts to reveal some healthy alternatives with lean meats, fish, and vegetables. Add a little spice to some fruit for a unique and refreshing dessert. In addition, guests will learn to make a refreshing, low-calorie cocktail.



SEPTEMBER

Salads: Beyond the Lettuce and Dressing

Often individuals think of salads as “rabbit food,” meaning lettuce with dressings that are often compared to having more calories than a hamburger. While there may be many definitions, our class covers some unique salad dishes that can be served as your entire course, covering the protein, starch, and vegetable. These high-nutrient based, delicious meals are easy to prepare and bursting with flavor. This class includes a low-calorie cocktail that guest will also create.



OCTOBER

Fall for Autumn Dishes

Using the colorful fall vegetables, guest will create a dish that is not only mouth-watering and healthy, but fall in our “comfort food” category. Guests will also create a spicy, fall, low calorie cocktail in the spirit of the autumn-themed class.



NOVEMBER

Sexy Warm Winter Dishes

From white chili made with chicken to quinoa muffins, who would have known these simple dishes can be made so desirable. Add the low-calorie cocktail for that extra warmth, and residents may save a little money on their heating bill this month.



DECEMBER

DeLITEful Holiday Desserts

'Tis the Season to overindulge. Kb Fitness Solutions, Inc.'s culinary team will lead the class through creating a variety of desserts that range in 150-200 calories per serving. The average person gains up to 7lbs between Thanksgiving and New Year's Day. Beat the statistics and still enjoy a little something sweet. Participants will also create a low-calorie holiday cocktail.



PRICING

Service	Price for 20 participants (meal)	Price for 20 participants (tastings)	Price for 50 participants (tastings)	Included in Cost
Class Series (12 months)	\$759/class	\$639/class	\$999/class	<ul style="list-style-type: none"> • Dietitian • Food • Prep time • Clean Up • Serve ware • Cocktails or "mock" tails • Take Home Recipes • Marketing Tools (fliers, etc.)
Class Series (6 months)	\$899/class	\$779/class	\$1,125/class	
Individual Classes	\$999/class	\$1,119/class	\$1469/class	

Massage Therapy

Treat your residents or employees to chair or table massage on a weekly or monthly basis or for a special occasion. Some theme ideas are the following:

- **Feel Good Fridays**
- **Post-Tax Season**
- **Beat the Winter/Holiday Blues**
- **Employee Appreciation**



PRICING

Service	Price	Program Discount	Paid for Quarterly (weekly services only)	Paid for 12 month (weekly services only)	Additional Information
Chair Massage (2 hours)	\$190	\$171	\$160	\$150	<ul style="list-style-type: none"> • Multiple therapists can be provided upon request or additional hours can be added • The length of individual massages are based on the number of participants and time
Swedish Massage (60 min)	\$95	\$90.25	\$85.50	\$80.75	
Deep Tissue Massage (60 min)	\$105	\$99.75	\$94.50	\$89.25	

Healthy Happy Hours

CELEBRATE . . . GUILT FREE

Let's face it; most of our residents (and management team) enjoy a cocktail event. Unfortunately, a cocktail can end up being more calories than a meal. Our concept is simple, keep the calories count of our cocktails under 120, closer to the amount of a snack.

Invite residents to mix, mingle, and enjoy low-calorie cocktails. Indulge in a trim-tini or slim shaker, as we focus on keeping the calories in the mixers to a minimum. Our professional health team will educate guests on how to be able to enjoy a party, guilt free.



Events can be held in the lobby, party room, or sun deck. Pricing is based on number of participants and whether or not food is included. Our appetizers are created by registered dietitians and nutritional information is provided.

We can also reach out to local restaurants to donate healthy food at the event for a small consultant fee, which includes our time in organizing the restaurants and making sure healthy food is highlighted with educational pieces for the guests.

Contact us today for a customized healthy happy hour, because parties should be fun ... not fattening!

PRICING

Event Size	Price	1 appetizer	2 appetizers	Healthy Restaurants	Additional Information
20-30 Guests (2 hours)	\$300	+\$360	+\$720	+\$250	<ul style="list-style-type: none"> Additional appetizers can be added upon request
31-50 Guests (2 hours)	\$500	+\$600	+\$850	+\$250	

Melt Away Manic Mondays

Every first Monday or every Monday of the month, help your residents release from the stress a Monday can bring. This service can be packaged in a variety of ways.

Monthly Swedish-Massage Raffle

Every first Monday of the month, we can host a raffle to pick one lucky resident for a relaxing service, such as a complimentary Swedish massage or private yoga lesson.

Monthly Yoga Class or Chair Massage

Some buildings choose to do a monthly event for all residents, such as a yoga class or lobby chair massage, or both!



PRICING

Service	Price	Program Discount	Paid for Quarterly (weekly services only)	Paid for 12 month (weekly services only)	Additional Information
Chair Massage (2 hours)	\$190	\$171	\$160	\$150	See page 15
Swedish Massage (60 min)	\$95	\$85.50	n/a	n/a	To get the special rate, the program is billed for the remaining of the calendar year. If started after June, we will bill for 12 months out.
Yoga Class (60 min)	\$95	\$85.50	\$80	\$75	See page 9.
Private Yoga Session (60 min)	\$90	\$81	n/a	n/a	To get the special rate, the program is billed for the remaining of the calendar year. If started after June, we will bill for 12 months out.

Sun Deck Yoga & Brunch

Help your residents enjoy the beautiful weather with this opportunity to find relaxation after a hectic work schedule. Usually this can take place on the first Saturday or Sunday of each month. Residents will enjoy a relaxing yoga class followed by a healthy brunch. Buildings have a nice selection of foods to provide for the healthy brunch. Often buildings take the program indoors in a party room area during the cooler months.



For safety purposes, up to 20 guests can attend the yoga class. Additional guests may be invited to enjoy the brunch. Pricing is available upon request for additional brunch participants.

The brunch will include a healthy and delicious array of fruit, Greek yogurt parfaits, whole grain breads with natural spreads, hard-boiled eggs, and mini smoothies.

PRICING

Event Size	Price	Program Discount	Additional Information
Yoga Class (60 min)	\$95	\$85.50	<ul style="list-style-type: none"> Includes a low calorie cocktail upon request
Brunch for 20 Guests	\$359	+\$325	

Grocery Shopping Tour

Most of the residents that we work with are busy individuals who often have very little time for grocery shopping or little time to learn how to purchase healthy food. This makes ordering out as a common and often unhealthy choice.

Our certified Registered Dietitian will meet residents in the lobby and lead the group to the local grocery store to show residents not only the ins and outs of proper shopping, but also make healthy suggestions for the foods they love. This session is 75 minutes in length.



Nutrition Demonstrations/Presentations

Host monthly nutrition demonstrations or presentations for your residents. This is a great way to celebrate “National Nutrition Month” in March. Choose from an array of topics including, but not limited to:

- Eating Healthy on the Go**
- Packing a Healthy Lunch**
- Quick 30-Minute Healthy Meals**
- No More Fast Food**
- Fueling Your Workout**
- Dining Out 101**

Service	Price	Program Discount	Additional Information
Grocery Shopping Lesson (75 min)	\$99	\$89	
Nutrition Demonstration or Presentation (60 min)	\$259	\$225	<ul style="list-style-type: none"> • Includes educational materials for the participants to take with them.

NOTE: Please see page 10 for Healthy Cooking Lessons.



Wellness Events

Treat your residents to an evening or weekend afternoon event with a variety of wellness services, including but not limited to low-calorie cocktails, chair massage, nutrition and cooking demonstrations, and much more! We can include healthy treats from our sponsors and local restaurants. Typically these events are 2-3 hours in length. Often buildings will end the event with a yoga class.

Our team can work with any budget to host a lovely event for the residents. Providing a wellness event can really demonstrate a sense of appreciation for residents. A popular theme is hosting a resident appreciation month, "We care about you and your well-being." Although we can customize any package, here is an example of a wellness event and it's pricing:

Resident Appreciation Month

"Our Building" will be hosting a variety of events in honor of our Resident Appreciation Month. We care about YOU and your well-being.

Please join us for the following events during the month of August:

- August 1 – Kick Off Event in the lobby featuring chair massage and healthy goodie bags for the first 50 attendees. We will be raffling off 3 Swedish Massages!
- Sun Deck Yoga every Saturday at 9:30am, meets on the 8th floor sun deck
- Healthy Brunch on Saturday, August 3rd immediately following the yoga class.
- Running Club every Thursday at 6:30pm, meets in the lobby
- Healthy Grilling Class on August 25th at 6:00pm on the sun deck. The first 20 people to register will enjoy tastings of the fabulous dishes. All participants will receive recipes to take home. In case of rain, the class will be held in the party room.

To register for any event, please email info@KbFitnessSolutions.com. Please put "Our Buildings Residents' Appreciation Month" in the subject line. Please include name, event, unit number, and phone number.

VIP Packages

Spoil your residents who deserve special treatment by creating customized wellness packages. Perhaps residents who rent the penthouse or carry an elite status for whatever reason are provided extra perks. Management will receive a 10% discount on all services purchased for their residents.

Kb Fitness Solutions, Inc. can customize any package with any of our services or buildings may want to choose one of our most popular packages, which include the following:

POPULAR VIP PACKAGES

Service Sampler

3 Personal Training Sessions
1 Nutrition Coaching Session
1 Swedish Massage
\$400 (regular priced at \$445)



FIT for Luxury

4 Personal Training Sessions
\$320 (regular priced \$360)

A Taste of Wellness

3 Healthy Cooking Lessons
Price does not include food, which is based on menu selected.
\$390 (regular priced at \$435)



INDIVIDUAL RATES

Service	Price	Special Partnership Price	Description	Additional Comments
Personal Training	\$90/hr	\$81/hr	Personal training is brought to our clients' homes. All training sessions are one hour in length. The first session is always a fitness assessment, where we assess our client's baseline fitness values using the gold standard fitness guidelines of the American College of Sports Medicine (ACSM). We measure muscular strength & endurance, aerobic capacity, body composition and flexibility to create a customized program assuring our clients achieve optimal results.	Can be used for pre-natal, senior fitness, aquatic training, etc.
Private Yoga	\$90/hr	\$81/hr	Our private yoga sessions cater to all levels and all goals, whether restoration or an intense series of power moves. Your yoga practice will improve strength, flexibility, and cardiovascular endurance, while uniting the mind, body and spirit.	Can be done in their home or the studio if allowed to reserve a private hour in studio.
Swedish Massage	\$95/hr	\$90.25/hr	Swedish massage is possibly the most well-known type of massage therapy. It is generally used to stimulate the relaxation response, release muscle tension, and increase blood and lymph circulation.	Client must provide parking for massage therapists due to the amount of equipment they need to bring. We can add the parking fee onto the bill for the client's convenience.
Prenatal Massage	\$95/hr	\$90.25/hr	Generally done with the client in a side lying position, as to not do harm to the baby, and ease tension of the mother's body. It consists of	Client must provide parking for massage therapists due to the amount of equipment

			gentle, relaxing strokes; some friction strokes may be used to relieve muscle knots	they need to bring. We can add the parking fee onto the bill for the client's convenience.
Deep Tissue Massage	\$105/hr	\$99.75/hr	Also known as Structural Integration is the use of slower strokes and direct deep pressure; used to release chronic muscle tension and to release chronic patterns of tightness. Deep Tissue Massage involves Trigger point therapy, also known as Myofascial, which is a technique where concentrated pressure is applied to overactive nerve pathways (Trigger Points, commonly referred to as knots) to relieve chronic pain and break the pain / spasm / pain cycle. Deep Tissue massage is often referred to as clinical or therapeutic massage	Client must provide parking for massage therapists due to the amount of equipment they need to bring. We can add the parking fee onto the bill for the client's convenience.
Sport Massage	\$105/hr	\$99.75/hr	Specific groups of strokes applied to specific muscle groups used to enhance performance, reduce soreness, increase flexibility and range of motion, reduces and helps prevent injuries as well as speeds muscle tissue recovery time. It is used mostly on athletes who have been training, but it can be tailored to any athlete at any stage of training.	Client must provide parking for massage therapists due to the amount of equipment they need to bring. We can add the parking fee onto the bill for the client's convenience.
Injury Rehabilitation Massage	\$105/hr	\$99.75/hr	Specific massage protocols used to aid the rehabilitation and healing process of injuries due to overuse, surgery, and accidents	Client must provide parking for massage therapists due to the amount of equipment they need to bring. We can add the parking fee onto the bill for the

				client's convenience.
Healthy Cooking Lesson	\$145/lesson	\$135/lesson	This 90-minute lesson will provide guidance in how to cook healthy, simple meals. Upon booking your session, we will send you a menu to choose your ideal dinner. The price does not include the cost of food. We will send you a grocery list, or for an additional charge, we can bring the groceries. Turn your lesson into a class! Invite guests at \$25 additional per person and have a healthy night in with friends.	Additional fee for cost of food
“WELL” Deserved Night In: Massage, Private Yoga, Healthy Cooking Lesson (single)	<i>Price varies on types of massage. Hourly rates listed above</i>	<i>Price varies on types of massage. Hourly rates listed above</i>	Typically, the evening will begin with the private yoga session, followed by the massage, and lastly the cooking lesson, where the clients will create their healthy dinner. We recommend a 4:00pm start time with a 30-minute window between services. The cooking lesson should start at 7:00pm. The dietitian will not stay for dinner.	Client must provide parking for massage therapists due to the amount of equipment they need to bring. We can add the parking fee onto the bill for the client's convenience. Additional fee for cost of food.
“WELL” Deserved Night In: Massage, Private Yoga, Healthy Cooking Lesson (couple)	<i>Price varies on types of massage. Hourly rates listed above</i>	<i>Price varies on types of massage. Hourly rates listed above</i>	Typically, the evening will begin with the private yoga session, followed by the massage, and lastly the cooking lesson, where the clients will create their healthy dinner. We recommend a 4:00pm start time with a 30-minute window between services. The cooking lesson should start at 7:00pm. The dietitian will not stay for dinner.	Client must provide parking for massage therapists due to the amount of equipment they need to bring. We can add the parking fee onto the bill for the client's convenience. Additional fee for cost of food, plus \$25 additional for the second person for the cooking lesson.



KbFITNESS
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