



WELLBEING ISN'T A MAYBE

# It's a Must

exhale®

# Exhale Introduction

---

LEARN ABOUT OUR OFFERINGS



Virtual and in-person fitness classes, spa therapies and wellbeing boutique.

LEARN ABOUT OUR SAFETY STANDARDS



Caring for your safety with limited capacity, sanitation guidelines, and new therapy and fitness protocols.

**exhale**<sup>®</sup>  
FIT.SPA.LIFE.

# Partner with Exhale

---

Join forces with Exhale to redefine the concept of wellbeing in the workplace—or working from home.

Enjoy Exhale's award-winning barre, yoga, HIIT and cardio classes. Classes are available virtually, in-studio or on-site at your location.

Exhale can host in-person or online wellbeing focused group activities. Based on your space, activities can also be held outdoors and socially distanced.

Whatever your needs, Exhale is a flexible solution for your wellbeing group activities.





# Virtual Offerings

---

We offer a wide range of virtual options that will allow your group to enjoy all aspects of Exhale, from wherever they are most comfortable.

## Private Virtual Classes

Bring the interactive, group fitness class experience to anywhere in the world! Participants can tune in remotely for a live class with Exhale's star teachers.

## Virtual Spa Social

From facials, to aromatherapy, to meditation – Exhale can create a customized live Spa Social! Exhale will send each participant the professional spa products they'll need for a guided virtual group spa therapy session.



# Pricing

## FITNESS

Private Fitness Class	\$400
Studio Buy Out (If a regular class needs to be canceled)	\$1000
Guided Meditation + Visualization	\$250
Private Virtual Class (1-10 guests)	\$150
+\$10 per person over 10 guests	

## SPA

Group Spa Therapies: Acupuncture, Massage, Face, Nails	\$135+
Chair Massage 15 min	\$30
Hand Treatment/Hand Massage 15 min	\$30
Express Manicure 10 min	\$15
Oriental Ear Seeding 15 min	\$30
Virtual Spa Social (minimum 3 guests)	\$69

*\*all spa rates are per person*

## OTHER OFFERINGS

Individual + Corporate Membership Options	\$180 / \$155
Customizable gift bags available	\$10+
Bridal Showers + Bachelorette Parties Customized	



## Exhale Press

---

In addition to countless best-of awards and accolades, Exhale's leadership team is often quoted as thought leaders in the health and wellness space.

VOGUE

ELLE

BAZAAR<sup>Harper's</sup>


InStyle

SELF

The New York Times

CNN

Women'sHealth

WELL  GOOD

TIME

SHAPE

TOWN&COUNTRY

BRIDES

Forbes



# Contact

---

## **Nicola Wellner**

Mind Body Spa Director

Exhale Bal Harbour

[nicola.wellner@exhalespa.com](mailto:nicola.wellner@exhalespa.com)

305-455-5411

