

MINT

Health Club & Spa



Are you looking to promote health and wellness within your organization?

Provide your employees with a valuable benefit.

The return on investment is clear.

“A 2010 Harvard Business Review article found that wellness programs, of which fitness is a component, can return as much as six times their cost to the companies that sponsor them.”

-The Washington Post

At MINT we offer an unparalleled workout experience.

Our goal is to help you reach your peak performance mentally and physically.

The MINT experience is comprised of:

- Personalized fitness programs
- Nutrition services
- Yoga & Stott Pilates
- Unique assortment of classes
- Relaxing spa treatments
- In-house Physical Therapy

Employees who join MINT

Save 25% on monthly membership dues

Enjoy a \$245 savings - enrollment fees
are waived

Receive two complimentary 50 Min
Personal Training OR Private Stott
Pilates sessions

Access to expert instructors and unique
classes

Complimentary guest passes



Member Amenities

- Steam and sauna facilities
- Organic shower products
- Digital keyless lockers
- Mint-flavored water
- Cooled towels
- Daily laundry service
- Cell-phone free zone
- Tranquil music
- Rotating modern art
- Membership limit
- Complimentary Starbucks coffee



Cardio & Strength Training

Inspiring spaces, spacious & light-filled

Latest cardio technology including;

Elliptical machines, Upright bikes, Adaptive Motion Trainers, Rowers, Stairmasters & Treadmills

Circuit training equipment and free weights

Stretching alcoves

Medicine balls, kettlebells and resistance bands

TRX Suspension Training area



Classes

65+ classes each week

Free for members, open to non-members

Schedules available online, include:

- Plyometrics
- TRX Intensity
- Zumba Dance & Hip Hop/Jazz Dance
- Cycling
- Core strength
- Circuit Training
- 10 styles of yoga
- Tai Chi
- Mat Pilates
- Kickboxing



Personal Training

MINT trainers will transform your intentions into reality

Training can be customized to fit within any schedule and most any budget

25Min and 50Min sessions can be scheduled as often as you desire

Sessions can be arranged for two or more trainees (Duo or small group training)

Training is available for MINT members and non-members



Pilates

MINT is home to Washington DC's largest Stott Pilates studio

We offer a variety of nearly ten Reformer classes

Our Private Pilates studio allows for one-on-one Pilates practice

Mat Pilates classes are offered in our MindBody studio



Yoga

Over 10 styles of Yoga including traditional Anasura & Vinyasa based classes

Fusion classes that mix other forms of exercise with the basic principles of yoga

Private yoga sessions are available

Yoga classes are open to members and non-members



Physical Therapy

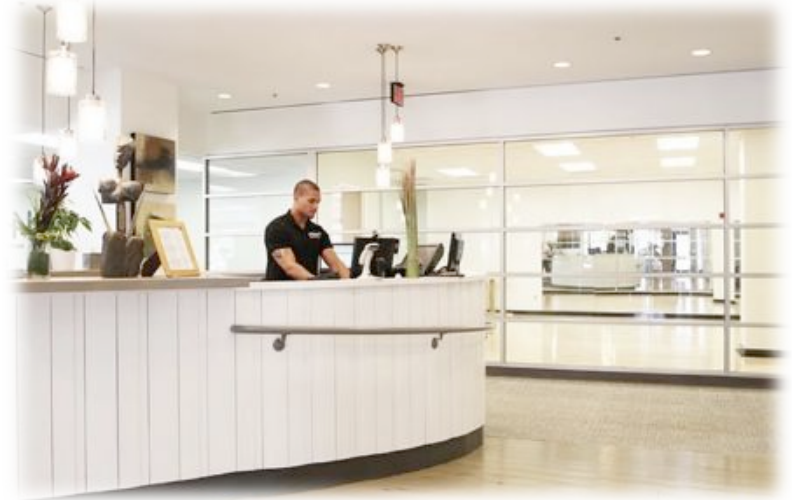
MINT is proud to partner with Dana Logan, MSPT & Connect Physical Therapy

Dana brings 10 years of Physical Therapy experience to MINT

Allow MINT to coordinate your recovery with our Massage Therapists and Personal Trainers

Physical Therapy services include:

- Injury Prevention Screening
- Return to Gym Workout
- On site Office Ergonomic Evaluation



Nutrition

At MINT we are passionate about adopting a holistic approach to wellness

Partner with our registered Dietitian to extend the benefits of your workout at home

Understand and adjust your energy level with one of the following nutrition consultation services offered at MINT:

- Nutritional focus session
- Custom diet analysis
- Weekly menu plan
- Guided shopping



THE SPA AT MINT

Rebound from stressful days and strenuous workouts

Our Spa is a quiet retreat offering:

- Massage
 - Including Thai Yoga Massage, prenatal, hot stone, deep tissue, sports and Swedish massage
- Facials and skin care
- Bodywork

Non-members are welcome to reserve appointments and can add use of club facilities to their service

The Spa Club at MINT offers monthly treatments at a discounted rate

