



Whole You Wellness Group Fitness Services

I cannot contain my excitement! Group fitness classes from the comfort of your home...yes please! As the founder and CEO of Whole You Wellness, getting and staying in shape is possible. The goal of my group fitness program is to help my clients build muscular strength and endurance guided by me, Mindy Arndt, Certified Health Coach, Personal Trainer, and Group Fitness Instructor. All fitness levels are welcome!

Series Details:

- **Cost of Service:** \$75.00 per month, based on the date of membership purchase. Cost includes video-led strength workouts 5 days per week, a tracking calendar, access to Whole You Wellness's client portal, access to the group fitness chat, weekly tips/communications from Mindy, access to chat with Mindy, invitation to join the amazing community-based *Beyond the Scale* weekly group series, and healthy recipe sharing. Accountability, community, and support are key factors of Whole You Wellness LLC.
- **Why Join Group Fitness Classes at Whole You Wellness?**
 - Increase muscular strength and endurance from the comfort of home.
 - Achieve your fitness goals with support, accountability, and resources from Whole You Wellness LLC.
 - Instructor-led short workouts 5 days per week.
NOTE: LIVE Workouts are based on the schedule in CST. Video recordings will be available for those who are unable to attend live classes.
 - Short workouts! Less than 30 minutes.
 - Minimal equipment needed: Yoga mat and light, medium, and/or heavy weight dumbbells. If you don't have dumbbells, no worries, soup cans or additional weighted items will suffice.
 - Access to Whole You Wellness's client portal that provides the following:
 - HIPAA compliant (privacy protected).
 - Individual and community support throughout your membership.
 - Healthy recipe support and nutrition guidance throughout your membership.
 - Access to chat with Mindy throughout the program.
 - Everything you need in one area for your wellness journey.

Whole You Wellness
AUTUMN & WINTER GROUP FITNESS SCHEDULE

Monday	6:00-6:30am	Chest & Back Blast
Tuesday	5:30-5:50PM	Ab-solutely Strong
Wednesday	6:00-6:30am	Lower Body Bootcamp
Friday	6:00-6:30am	Shoulders, Arms & Core Ignite
Saturday	7:30-8:00am	Yoga Body Bootcamp

All classes are LIVE by Zoom, but recorded for your convenience.

Available to Bundle with 1:1 Health Coaching

Contact Mindy @ 715.212.2429 or email mindy.arndt@icloud.com

Bundled Services: Interested in 1:1 health coaching AND group fitness classes?

Bundle together for \$100.00 per month (*a \$50 monthly savings*). This bundle includes:



- All group fitness perks (*above*)
- Access to Whole You Wellness Portal: Practice Better
- Two monthly (*bi-weekly*) 1:1 Health Coaching Session (phone/virtual/online) with Mindy
- Access to *Wellness with Mindy* emails
- Access to private communications with Mindy in-between coaching sessions
- Access to monthly *Beyond the Scale Talks* (group-based support with Whole You Wellness members)
- Access to meal prep and recipes through *That Clean Life* with Mindy

Cost: \$100 per month

Fees are subject to change

To Sign up: Contact Mindy at 715.212.2429 or email mindy.arndt@icloud.com

Whole You Wellness

Class Descriptions

Chest & Back Blast: Upper Body is the focus here, specifically chest and back muscles. Get ready for focus and definition.

Ab-solutely Strong: Get ready for a core-tastic class. We will focus on all things core, including some yoga flow for flexibility and strength.

Lower Body Bootcamp: Leg day is here! The focus is on all things legs, glutes, and hips.

Shoulders, Arms & Core Ignite: What is one more upper body day? Bring on those defined shoulders, biceps and triceps muscles. Don't worry, our core is not forgotten in this class.

Yoga Body Bootcamp: Get ready for a total body strength and flexibility class. We will focus on yoga poses and power moves, building strength and flexibility.



WHOLE YOU
WELLNESS

Personalized Coaching for Lasting Change