

Wellness Pod

by
RelaxSpace™



“I’m a happier person after I take 15 minutes for myself to relax and reset”

Customize your relaxation experience!



Relaxation & Wellness

Disconnect and recharge with relaxing videos and nature sounds.



Heat Therapy

Warm up and sooth sore muscle groups before or after a workout.



Mindfulness

Focus on being present and fully aware.



Scent Options

Choose a relaxing and stress-reducing scent to accompany your experience.



Meditation

Relieve stress and anxiety by taking a few minutes to slow things down.



Heart Rate Monitoring

Track your state of relaxation during your session.

Not a PF Black Card® member yet?

See front desk to upgrade & keep those good relaxation vibes going!