



Heart Rate Monitoring
Track your state of relaxation during your session.



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



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



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



Mindfulness
Focus on being present and fully aware.



Relaxation & Wellness
Disconnect and recharge with relaxing videos and nature sounds.



Wellness Pod

by RelaxSpace™



NEW
PF BLACK CARD®
PERK!

Wellness Pod

by RelaxSpace™



Relax, Reset, and Explore
with a 15-Minute Wellness Break

Visit the front desk for more information