

WELLNESS POD

By
RelaxSpace[®]

BENEFITS

- Escape, unwind, and reset in just 15 minutes
- Guided breathing and calming nature scenes
- Gentle warmth for full-body relaxation
- Mentally recharge and return more focused



HOW TO USE

- Remain fully clothed
- Hit Start, follow the quick safety tips
- Personalize your experience via the touchscreen display -
select your content, heated seat, scent, and measure heart rate,
sit back, relax, and enjoy your wellness break

Session Length: 15 minute per day

PRE- AND POST-SESSION CARE

- Before and after your session, please wipe down the seat

Scan &
learn how
to get
started



Pro Tip:

Find your happy - try a variety of personalized experience to find your favorite combination

**planet
fitness**[®]

WellnessSpace[®]
BRANDS