



MEETING ENHANCEMENTS

FOR YOUR WELL-BEING

Sessions are priced in 15 minute increments

MEDITATION

Prepare the body and mind with a brief guided meditation session to set intentions for greater focus, creativity and better relationships.

Up to 75 Guests \$75
76 – 150 Guests \$150
151 – 200 Guests \$225

FOOD FOR THOUGHT

Healthy eating plays a crucial part in your overall total well-being. Enjoy an educational session on the benefits of a well-balanced relationship with food and pave the way to a better and healthier you!

Up to 75 Guests \$75
76 – 150 Guests \$150
151 – 200 Guests \$225

POSTURE PERFECT

Good posture is essential for good health. This Pilates-based strength training session focuses on the core and back muscles, to help create an aligned and strong posture. You will learn movements that you can incorporate these exercises into your everyday routine.

Up to 75 Guests \$150
76 – 150 Guests \$225
151 – 200 Guests \$300

ENERGIZER BREAK

Encourage your guests to be engaged and energized. Rejuvenate the mind and body by incorporating a yoga-based stretch session suitable for all fitness levels.

Up to 75 Guests \$150
76 – 150 Guests \$225
151 – 200 Guests \$300

Spa – JW Marriott Chicago
151 W Adams Street · Chicago, IL 60603
312.660.8250 · spajwchicago.com

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CUSTOMIZE YOUR WELLNESS

WITH A PRIVATE CLASS

Classes are priced on group participation levels

TAKE THE SCENIC ROUTE

Start your morning off right. All fitness levels are welcome to come and join our fitness team on a scenic run for an up close view of Chicago's picturesque skyline, sandy beaches and some of the most stunning downtown architecture in the world. Not a runner? Opt for a group walk instead! Weather permitting.

Groups up to 12	\$150 / 40 Minute Run (Approx. 3-3.5 miles)
Groups 13 – 30	\$300 / 40 Minute Run (Approx. 3-3.5 miles)

FITNESS ORIENTATION

Whether you're new to the world of fitness or would like to learn more, allow our Nike™ affiliated fitness team to assist you in finding the perfect class and get acquainted with our cardio and strength equipment.

Groups up to 3	\$95 / 30 Minutes
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WELLNESS SUNRISE

Start your morning off with an hour of Sunrise Yoga or Boot Camp to ensure guests make the most of their day. Pricing includes, Nike™ Elevated Instructor(s), equipment, Spa facilities, towels and Spa Infused Water.

\$20 per person – 10 person minimum

Enhance your meeting breaks by incorporating chair massage stations for your guests:

\$150 per therapist (1 – 2 hours) · \$225 per therapist (3 – 6 hours)

All packages are exclusive of 20% service charge

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