



WEDDING PACKAGES

LOOK & FEEL SPECTACULAR



GT&

LOVE THE WAY YOU FEEL

As you prepare for your dream wedding, we at GymTonic, are here to ensure that you radiate confidence & vitality on your most special day.

Located in Culver City, GymTonic offers an all encompassing approach to whole body health. Offering fitness, wellness, and spa services, our team is dedicated to supporting you through every step of your journey.

Our personalized wedding packages are designed to help you feel your absolute best, physically, mentally, and emotionally.

From engagement to "I do" and into the lifetime that follows, let us be part of your beautiful journey, ensuring you step into your future with health, happiness, and confidence.

- The GymTonic Team



PACKAGE INCLUDES

This package includes the following:

- Massage sessions
- Pre-wedding wellness day
- Monthly Wellness Credits
- Personal Training Sessions
- Nutrition Coaching Sessions
- Dance Lessons & Choreography





EXECUTIVE MEMBERSHIP

This package also includes an Executive Membership, which grants access to:

- Laundry Service
- Full Club Access
- GT Shop Discounts
- A Permanent Locker
- Group Fitness Classes
- Free Educational Seminars





GTH

FITNESS ASSESSMENTS



Begin your fitness journey with a comprehensive assessment. Discuss your goals and any impairments with our trainers, and get a full movement analysis using our state-of-the-art Kinotek Movement Assessment System.

PERSONAL TRAINING

Whether you don't know where to start or striving to achieve specific goals, our highly educated career trainers are here to support you. Each session is customized to meet your unique needs, ensuring you receive the guidance and motivation to reach your potential.





FLOWATER
7x Advanced



naturally

NUTRITION

A balanced diet is crucial for a healthy lifestyle. Our nutrition coaching sessions include:

OUR APPROACH

Integration of nutrition, fitness, and wellness goals for a balanced approach to health.

NUTRITION SESSIONS

Nutrition is a critical component of a well-rounded health journey and essential for supporting fitness goals. GymTonic's nutrition guidance provides the tools needed for couples aiming to enhance both their fitness results and overall lifestyle.

CONSISTENT SUPPORT AND CHECK-INS

Regular follow-ups and adjustments to ensure progress and address any challenges.





WELLNESS CREDITS



Each month, enjoy GymTonic credits to use on our extensive wellness offerings:

- Massage Sessions
- Stretch Sessions
- Hyperbaric Chamber Sessions
- Normatec Full Body Sessions
- GT Shop Face & Neck Masks
- GT Shop Supplements

HOLISTIC MASSAGE AND BODYWORK

Ease the stress of wedding planning with our range of massage and bodywork services:

Relaxation Techniques: Deep Tissue, Swedish, Lymphatic, Trigger Point, Soft Tissue, Prenatal, Sports, Energy Work, Integrated Listening Bodywork, Craniosacral Therapy.





ATLANTIS

DANCE LESSONS



Make your first dance unforgettable with private dance lessons & custom choreography from our in-house dance instructors.

PRE-WEDDING WELLNESS DAY

Relax and rejuvenate as a couple before your big day with our exclusive wellness day package, including:

- Two Massages
- Two Oxygen Chamber Sessions
- One Private Meditation Session
- One Private Yoga Session
- Two Face & Neck Masks
- 30-Minute Stretch Session
- Infrared Sauna Access

