



FOR THE VISITOR WHO READS FIRST

The lobby *price menu*, and a sample training week.

*The same artifact the front desk hands you when you walk in.
Nothing changes between this PDF and the floor — the
cadence, the program, the price. Read it. If we're a fit, the
consult is the next step.*

MEMBERSHIPS

Four tiers, *one practice.*

All tiers include the strength floor, the recovery suite, two MetCon classes weekly, and access to the named coaching bench.

Gold

\$65 /month · 12-month commitment

\$99 /month · 6-month commitment

Platinum

\$149 /month · 12-month commitment

\$199 /month · 6-month commitment

Diamond

\$199 /month · 12-month commitment

\$249 /month · 6-month commitment

Diamond Plus

\$349 /month · 6-month commitment

Prices in USD. Membership begins after a consult — we'd rather walk you through the floor before you commit, so the practice sits well with your week. Tour and consult are complimentary. Diamond & Diamond Plus tiers include cellular health and physician-advised longevity review at no additional charge.

WHAT EVERY TIER INCLUDES

Open-floor strength training (Panatta, Atlantis, Watson). Two MetCon classes per week. Recovery suite (cryotherapy, hyperbaric oxygen, infrared sauna, cold plunge, compression, PEMF, red light, float tank, hydrogen, sound). Atlas member concierge by SMS and on the lobby kiosk. Member-only Personal Training package add-ons.

PERSONAL TRAINING

Add-on coaching, *by the pack.*

Personal training at Wellness Elite Fitness is sold only to members — the program compounds across months, not sessions. Imani Lowery’s coaching bench programs each session against your panel, your training history, and the recovery cadence Atlas tracks.

INTRODUCTORY PACK — NEW CLIENTS

5-Session Pack (Introductory)

2-week program, 2 sessions per week, 50-min sessions

\$65/SESSION

\$325

EXISTING-MEMBER PACKS

PACK	PER SESSION	TOTAL
8-Session Pack 1-month program (2x per week) · 3-week program (3x per week)	\$100/SESSION	\$800
12-Session Pack 1.5-month program (2x per week) · 1-month program (3x per week)	\$90/SESSION	\$1080
24-Session Pack 3-month program (2x per week) · 2-month program (3x per week)	\$85/SESSION	\$2040

LOYALTY PROGRAM — MINIMUM 2-MONTH COMMITMENT

CADENCE	PER SESSION	PER WEEK
2 sessions per week	\$80/SESSION	\$160/week
3 sessions per week	\$75/SESSION	\$225/week

All PT pricing in USD. Sessions are 50 minutes. Member loyalty rate locks in when you commit to 2+ months at the chosen cadence. Partner training (2+ people) available — see consult.

A SAMPLE WEEK

What “programmed against your *biology*” actually looks like.

A composite week for a typical Diamond member running the 2x-per-week loyalty cadence with longevity protocols layered on. Your week will look different — this is the cadence, not the prescription.

MON AM Strength — lower compound + posterior chain (*50 min, coach-led*). PM Compression therapy + sauna stack (40 min).

TUE AM Open-floor cardio + mobility prep. OPTIONAL MetCon class, 17:30.

WED AM Strength — upper compound + arms (*50 min, coach-led*). PM Hyperbaric oxygen, 60 min — layered on the back of training.

THU AM Recovery only — cryotherapy + cold plunge + PEMF. Light walking. Atlas pings a sleep + HRV check.

FRI AM Strength — full body (open-floor or coach-led if loyalty 3x/week). PM Cellular health consult with Dana Kantara (Diamond+).

SAT AM MetCon class — 50 min, group conditioning, no extra fee. OPTIONAL Float tank, 60 min.

SUN ALL DAY Off floor. Atlas reviews the week and queues Monday’s session against your last panel.

The above is one configuration of one member’s week. Atlas, our member concierge, holds the thread — reachable by SMS, on the lobby kiosk, and threaded through the practice. Members text Atlas to swap a session, queue a recovery slot, or ask why this week looks different.

IF WE'RE A FIT

Begin with a *consult*.

A 20-minute conversation. We'll walk you through the floor, the recovery suite, the panel review process, and answer the question this PDF can't: whether the practice is designed for you in particular.

If we are, you'll know by the end of the tour. If we aren't, we'll say so — and tell you who in Houston-south is. The consult and the tour are on us.

TO BOOK:

Visit wellnesselitefitness.com/free-day-pass

Or text Atlas at (832) 481-2922.

Looking forward,

Imani Lowery — *Founder, Head Trainer*

Wellness Elite Fitness

104 Whispering Pines Avenue, Friendswood, TX 77546 · (832) 481-2922 ·

hello@mywellnesscorporation.com

The lobby price menu, mirrored here, is the canonical published price. Prices may be adjusted with 30 days' written notice to active members.