

Your Fitness Concierge at Emery

Curated health and fitness coaching
for the busy traveller.



Steller & Co



Emery

Offerings

POST-FLIGHT RESTORE

Set the tone of your travel. A 30-minute stretch of the most valuable movements for travelers.

ACTIVE RECOVERY

A restorative stretch session emphasizing mobility, flexibility, and relaxation.

YOGA

One on one or group session rooted in Vinyasa yoga with a focus on breath and postures customized to fit your needs.

HITT CLASS

Get fit together and turn your stress into sweat with a class consisting of short intense bursts of activity paired with intervals of short rest. Reserve small group sessions and private class experiences.



PRIVATE TRAINING

Individualized training session with a certified performance coach. *All fitness levels welcome.*

LENGTH	PRICE
30 Minutes	\$75
45 Minutes	\$120
60 Minutes	\$140

GROUP TRAINING

Get fit and energized together. Reserve small group sessions and private class experiences. Contact us for pricing.

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Schedule at least 24 hours in advance. A fee of \$50 for all cancellations within 12 hours of scheduled session.