



SALIRE

FITNESS • WELLNESS

PERSONAL TRAINING • GROUP FITNESS • TRX • LIFE COACHING • BOOT CAMPS

CUSTOM FITNESS, PRESENTATIONS & TEAM BUILDING FOR INDIVIDUAL TRAVELERS, CONVENTION ATTENDEES & GROUPS

In New Orleans, business and leisure travelers, as well as meeting and convention attendees can find an immense variety of culinary treats, entertainment, and 24-hour libations. However, when it comes to keeping focused on the business at hand and maintaining a healthy lifestyle, it is much harder to stay on track. Salire Fitness & Wellness provides physical activities, coaching workshops and motivational wellness presentations, which assist in producing energy, focus, and enthusiasm. These programs are designed by New Orleans fitness pro Nolan Ferraro and they will assist in producing energy, focus, and enthusiasm. Nolan and his staff will lead your team into enhanced health, wellness and longevity, while helping them enjoy their time in the Big Easy.



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WE COME TO YOU PRIVATE AND COUPLES FITNESS SESSIONS

Personal Training (Private and Couples)

This is a 60-minute private or couples personal training session that is offered either onsite at your hotel or offsite at a local park. The workout will involve an up-tempo HIIT style workout led by a certified personal trainer. During the workout the trainer will incorporate weights, body weight exercises, calisthenics, plyometrics and light cardio.

All classes can be modified.

Onsite Personal Training (Hotel Gym)

- ◆ 60 minute private personal training session \$100/hour
- ◆ 60 minute couples personal training session \$140/hour (\$70 per participant)

Offsite Personal Training (Local Park)

- ◆ 60 minute private personal training session \$80/hour
- ◆ 60 minute couples personal training session \$120/hour (\$60 per participant)

Small Group Sessions (Local Park)

- ◆ 60 minute small group Boot Camp session \$15/per participant (40 participants max)



GROUP WELLNESS SESSIONS FOR YOUR MEETING OR CONVENTION

Our onsite workouts will be held in a meeting room of appropriate size at your hotel or the Convention Center. Our offsite workouts will be held in Woldenberg Park on the Mississippi River, or a similar venue offering adequate outdoor space.

Salire is available any time of the day, starting at 5:30 am.

Breakout Stretching Sessions

Conference fatigue is a common problem for attendees sitting in meetings, classes and presentations for a long period of time. As the day wears on, muscles tighten, posture becomes slouched and energy levels plummet. This has been proven to negatively affect participants by interfering with their concentration and putting pressure on their neck, back and legs.

Salire's stretching sessions are ideal to help these participants by encouraging them to stand, move in place and gently stretch their upper and lower body muscles. This movement helps to relieve spinal pressure, promote blood flow and increase energy, focus and mental clarity!

Groups can be up to 75 participants.

- ◆ 10-Minute Stretching Session \$75 (Your group's meeting room)

Fitness Boot Camp with a Twist for Groups & Teams

This is a multi-level group fitness class led by a certified personal trainer and includes stretching, light cardio, body weight exercises and calisthenics.

Classes can be up to 20 participants.

All classes can be modified.

- ◆ 60-Minute On-Site \$240 (Your group's meeting room)
- ◆ 60-Minute Off-Site \$340 (Offsite facility/local park)

* Any additional participants are billed at \$10 per participant

* Participants should wear exercise clothes and bring a large towel from room.



Mat Pilates Sessions for Groups & Teams

This is a multi-level mat Pilates class led by a certified Pilates instructor, which includes stretching, mat Pilates exercises and a cool down portion.

Classes can be up to 20 participants.

All classes can be modified.

- ◆ 45-Minute On-Site \$240 (Your group's meeting room)
- ◆ 45-Minute Off-Site \$340 (Offsite facility/local park)

* Any additional participants are billed at \$10 per participant

* Participants should wear exercise clothes and bring a large towel from room.

Early Morning Big-Easy Power-Walking Tour

Invite conference attendees to an early morning power-walking session through the historic French Quarter. The walking session, led by a local certified personal trainer, includes a 5-minute warm-up, a brisk 50-minute power walk of the local neighborhoods, and concludes with a 5-minute cool down.

Groups can be up to 15 participants.

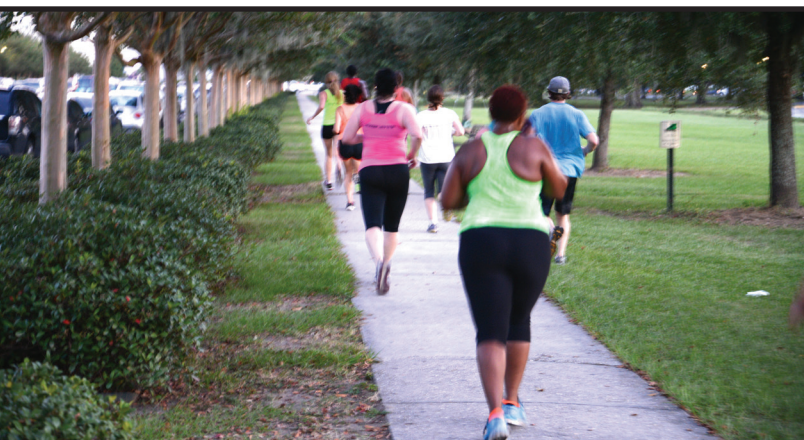
- ◆ 60-Minute \$250 minimum (up to 15 participants)

* If more than 15 participants, then will be billed at \$12 per additional participant

Some sights you will see are:

St. Louis Cathedral
Pontalba Apartments
Mississippi River
Bourbon Street
Old U.S. Mint
Civil War Museum

Real World House
Jackson Square
Old Ursuline Convent
Cafe' du Monde
French Market
National World War II Museum



Early Morning Jogging Tour through History

Invite conference attendees to a jogging session through the historic French Quarter. The jogging session is designed for participants who are able to consistently jog at a 10 to 12 minute conversational mile. It is led by a local certified personal trainer and consists of a 5-minute warm up, 50-minute course and concludes with a 5-minute cool down.

Groups can be up to 15 participants.

◆ 60-Minute \$250 minimum (up to 15 participants)

* If more than 15 participants, then will be billed at \$12 per additional participant

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HEALTH AND LEARNING

Nutrition

We offer the following services:

- Assisting you in finding New Orleans restaurants that offer healthy menu options.
- New Orleans cooking classes with a healthy diet in mind. We partner with local restaurants and cooking schools to offer a three hour class, ending with a New Orleans meal that will delight your taste buds, but not damage your waist line.
- Partnership with a local nutrition delivery company that offers fresh, healthy menu options delivered to your location (delivery depends on the policies of the location). This includes the option of a boxed breakfast and/or lunch to go

Seminars & Presentations

The on-site seminars and presentations are centered on nutritional empowerment. During a presentation, participants will discover the importance of nutrition, the truth behind reading labels, modern day portion distortion and how to plan for meals. We know you're going to make some bad choices, so the seminar gives attendees the tools to make better bad choices.

- Planning & beginning your fitness program
- Managing stress to perform at your best
- Label lunacy (Nutrition 101)
- Stress - the journey from tension to prevention

On-site 45-minute Presentations \$300

Additional seminar topics can be customized and developed to meet the needs of individual groups.

NOLAN V. FERRARO

Owner of Salire Fitness



Certified personal trainer and licensed wellness coach Nolan Ferraro has been recognized as the **#1 Personal Trainer** by New Orleanians in the Gambit's Best of New Orleans awards in 2010, 2011, 2012 and 2014 and was honored in Gambit's **"40 under 40."** Nolan's group Fitness Boot Camp was also recognized in 2011 as the **#1 Fitness Boot Camp**.

Client reference:



STUART HALL SCHOOL FOR BOYS

"Nolan demonstrates a strong commitment to fitness and wellness and sincerely cares about our faculty and staff's well-being. He sets high expectations and goals for us and designs the Boot Camp in a way, which allows each one of us to achieve these goals and experience success. We have truly enjoyed having Boot Camp on campus! I strongly recommend Nolan Ferraro and Salire Fitness for your personal and group fitness needs." -Bridget H.

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