

THE
WELLNESS
PASSPORT



SEPT 2 - NOV 3

THIS PASSPORT BELONGS TO:



*CHECK YOUR INBOX FOR THE ACCESS CODE TO
THE DIGITAL PASSPORT



**"THE
GREATEST
WEALTH IS
HEALTH."**

virgil



HOW IT WORKS

With this Passport, you'll unlock access to more than 70 wellness businesses across Birmingham. Use the next nine weeks to explore the Magic City's wellness scene, experience new things, and discover what you love!

Businesses are divided into three categories: sweat, self-care, and savor. Each business outlines how to redeem their offer on their page.

As you visit the Passport businesses, be sure to have your Passport stamped. Those who receive 25 stamps or visit every business will be able to turn in their Passport to be eligible for a raffle prize. That's right - work out, support local businesses, and get rewarded!

Remember - there are many other Passport holders trying things for the first time alongside you. We want you to feel confident and encouraged as you join like-minded locals in discovering your city in a new way. Cheers!

We want to see you in action! Tag us on social throughout your Passport journey.

#theWellnessPassport
@the_wellnessPassport
facebook.com/hellowellnessPassport



DATES TO REMEMBER



**classes with an asterisk are open to Well members only, you can join anytime*

SEPTEMBER

- 2 Passport Session Begins
- 3 Studio G Reformer Class* | 12 pm
- 7 Provision Studio Class* | 12:30 pm
- 8 True40 Homewood* | 2 pm
- 9 Workshop Local Fresh Start Class | 9 am
- 10 Studio G Reformer Class | 12 pm
- 14 Essential MVMT Tower Class* | 10 am
Provision Studio Class | 12:30 pm
- 15 Essential MVMT Vinyasa Flow Yoga* | 3:30 pm
- 17 Studio G Reformer Class* | 12 pm
Thrive PT Pelvic Floor 101 | 6 pm
- 18 Provision Studio Class | 5:15 pm
- 21 u4ic Yoga Class | 12 pm
- 24 Provision Studio Class | 5:45 pm
Workshop Local x HUM Wellness Workshop* | 6 pm
- 25 Thrive PT Promote Your Posture Workshop | 6 pm
- 26 Riverchase Jazzercise Class* | 6 pm
WOVN Wellness Yoga Flow | 7 pm (75 minutes)
- 28 Pure Barre 280 Class* | 10:15 am
u4ic Yoga Class | 12 pm

OCTOBER

- 5 u4ic Yoga Class | 12 pm
- 7 Workshop Local Fresh Start Class | 9 am
- 17 Provision Studio Class | 5:45 pm
- 19 Ayurveda Breathing + Mindfulness* | 10 am

DATES TO REMEMBER



**classes with an asterisk are open to Well members only, you can join anytime here*

- 21 True40 Downtown* | 6:45 pm
- 24 Riverchase Jazzercise Class* | 6 pm
- 25 Ayurveda Breathing + Mindfulness* | 2 pm
Provision Studio Class* | 5:45 pm

NOVEMBER

- 2 Ayurveda Breathing + Mindfulness* | 2 pm
- 3 Passport Ends
- 4 Finale Party | 5:30 pm

RECURRING DATES

Pizitz Yoga Class | Tuesdays at 5:30 pm
Square 1 Nutrition 10% Off Purchases | Mondays

save the date!

PASSPORT FINALE PARTY

NOVEMBER 4, 2024

PIZITZ GALLERY AT 5:30 PM

Celebrate the end of the 2024 Passport Season with an Exclusive Passport Holder pop up class, special vendor giveaways and more!



TABLE OF CONTENTS

sweat

ARCHIVE
BARRE3
BASECAMP FITNESS
BODYBAR PILATES
BODYROK BIRMINGHAM
ESSENTIAL MVMNT + PILATES
FIT4MOM BHAM
GAUNTLET
HOTWORX
IGNITE CYCLE
IRONTRIBE
JAZZERCISE RIVERCHASE
KIND ROOTS YOGA & MASSAGE
MPOWER
OVER THE MOUNTAIN FITNESS
PIZITZ FOOD HALL YOGA
PM METHOD
PROVISION
PURE BARRE HOMEWOOD
PURE BARRE 280
RISE AND REFINE YOGA
STUDIO G PILATES
SUPERTONE
THREE15
TRUE40
U4ICYOGA
WHEELHOUSE
X4



TABLE OF CONTENTS

self-care

BELLA AYURVEDA
BHM LASH
BLO DRY BAR
BOSSI
ESCAPE DAY SPA
FANCY FACE
GENESIS NAIL SPA
HABITUAL LASH
HUM CONCIERGE
HYDRALIVE
ISBILL COUNSELING
MADE SIMPLE LIVING
MOTIVITY
RCVRY HOUSE
RELAXATION ROOM
RESTORE MOUNTAIN BROOK
RETREAT DAY SPA
RX NUTRITION
SIMPLY PURE LIVING
SOPHIE DOLAN
SPARROW HEALTH
STARMER NUTRITION
STOONIC

THE PEACHIE SPOON
THRIVE PT
VERDE LUSSO CLEAN BEAUTY
VULCAN NUTRITION
VULCAN PERFORMANCE
WARRED FOR WELLNESS
WORKSHOP LOCAL
WOVEN FERTILITY
WOVN WELLNESS



TABLE OF CONTENTS

savor

BITTY'S LIVING KITCHEN
BLUEROOT
CALA COFFEE
CAVEAT COFFEE
DELICIOUSLY
FIT FIVE
JUNE COFFEE
KALE ME CRAZY
MAGIC CITY NUTRITION
PREVAIL COFFEE
REAL + ROSEMARY
SQUARE 1 NUTRITION
TILL



SWEAT.

SELF-CARE.

SAVOR.

SWEAT.

SELF-CARE.

SAVOR.

SWEAT.

SELF-CARE.

SAVOR.

SWEAT.

SELF-CARE.

SAVOR.

**ARCHIVE**

BY PM METHOD

ABOUT

ARCHIVE is a multidisciplinary fitness studio built to archive and store creativity in the form of movement. We believe the the body is meant to move in an infinite number of ways and that creativity in our movement practices builds functional strength.

CONTACT INFO

📍 600 Olde English Ln #112, Birmingham, AL 35223

🌐 archivebhm.com

✉ hello@archivebhm.com

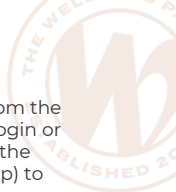
📷 [@archivebhm](https://www.instagram.com/archivebhm)

☎ (205) 874-9990

WITH YOUR PASSPORT YOU RECEIVE

5 free classes

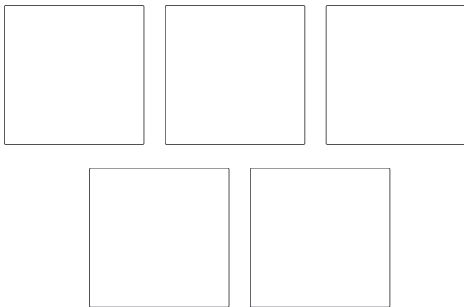
20% off merch and bala products



HOW TO REDEEM

Visit our website www.archivebhm.com and from the home page click the link to "sign up for class" login or create an account on MINDBODY (must be on the desktop version to use promo code- not the app) to sign up for classes. On checkout, use the code **wellnesspassport24** to get the class for free (can use up to 5 times).

5 FREE CLASSES










ABOUT

Barre3 is an efficient and effective workout that combines cardio, strength, and mindfulness over 45 and 60 minute classes. You will leave class feeling balanced in body, and empowered from within.

CONTACT INFO

-  358 Hollywood Blvd, Birmingham, AL 35209
-  barre3.com/studio-locations/birmingham
-  birmingham@barre3.com
-  [@barre3birmingham](https://www.instagram.com/barre3birmingham)
-  205.719.6675

WITH YOUR PASSPORT YOU RECEIVE

5 free classes



HOW TO REDEEM

Head to our website by scanning the QR code. Click "Log in to Purchase." If you have an existing account with us, please log in. New clients will need to click the "Create an Account" option and add the 5 Class Pack to the cart once your account has been created. Be sure to input the promo code **WELLNESSPASSPORT24**.

5 FREE CLASSES





ABOUT

Basecamp Fitness is a 35-minute HIIT workout that incorporates cardio and strength movements to maximize results.

CONTACT INFO

 3167 Green Valley Rd, Unit 107, Birmingham, AL 35243

 basecampfitness.com

 cahabaheights.al@basecampfitness.com

 [@basecampcahabaheights](https://www.instagram.com/basecampcahabaheights)

 205.326.7051

WITH YOUR PASSPORT YOU RECEIVE

7 free classes used over a 2 week period



HOW TO REDEEM

Call Basecamp at 205.326.7051 OR email at cahabaheights.al@basecampfitness.com






7 CLASSES (OVER 2 WEEK PERIOD)



ABOUT

Transform your body. Transform your life. BODYBAR Pilates' purpose is to build a community of people who love, respect, encourage and motivate one another to be strong, healthy and happy human beings.

CONTACT INFO

-  4317 Dolly Ridge Rd Suite 117, Vestavia Hills, AL 35243
-  bodybarpilates.com/studios/cahabaheights
-  cahabaheightsmanager@bodybarpilates.com
-  @bodybarcahabaheights
-  205.538.5563

WITH YOUR PASSPORT YOU RECEIVE

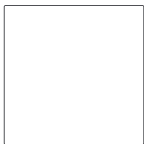
1 free class
10% off a purchase in our boutique, featuring NUX, Tavi, Spiritual Gangster and more (excluding socks)



HOW TO REDEEM

Contact BODYBAR to purchase and register for class! Call 205.538.5563 or text 205.984.4931

1 FREE CLASS, 10% OFF RETAIL



BODYROK

BIRMINGHAM

ABOUT


BODYROK is pilates re-designed. A 40-minute full body, high intensity, low impact workout, on our custom reformer. The workout is designed to increase strength, flexibility, and boost your metabolism post-workout.

CONTACT INFO

 2805 2nd Ave S Suite 300, Birmingham, AL 35233

 bodyrok.com

 birmingham@bodyrok.com

 [@bodyrokbirmingham](https://www.instagram.com/bodyrokbirmingham)

 334.707.3336

WITH YOUR PASSPORT YOU RECEIVE

3 free classes

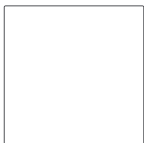
10% off one merch item



HOW TO REDEEM

Download the 'BODYROK' app and enter promo code **wellnesspassport24** when you check out.

THREE FREE CLASSES



10% OFF ONE MERCH ITEM






ESSENTIAL

MVMT + PILATES

ABOUT

Essential MVMT is a Classical Pilates and movement studio that believes in the power of movement. Our mission is to meet you where you are in your practice and encourage you to enhance, empower & evolve your mind, body and spirit through movement. Our boutique studio offers private training and small group classes in Pilates, Yoga and Barre.

CONTACT INFO

 3394 Morgan Dr, Birmingham, AL 35216

 essentialmvmt.com

 info@essentialmvmt.com

 [@essentialmvmt](https://www.instagram.com/essentialmvmt)

 205.718.0837

WITH YOUR PASSPORT YOU RECEIVE

2 Well Member only classes: 9/14 at 10 AM Tower Class,
9/15 at 3:30 PM Vinyasa Flow Yoga

15% off retail

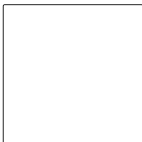
\$20 off Private Lessons



HOW TO REDEEM

Scan QR code below to become a Well Member and participate in the Well only classes. Details will be sent via Patreon. To register for the private lessons, use promo code: **wellnesspassport24**. Show us your Passport in store to receive 15% off retail.

**15% OFF RETAIL + \$20 OFF
PRIVATE LESSONS**



**WELL ONLY CLASSES
ON 9/14 AT 10 AM AND
9/15 AT 3:30 PM**

Scan QR code to join the Well










ABOUT

FIT4MOM provides fitness classes and a network of moms to support every stage of motherhood. From pregnancy, through postpartum and beyond, our fitness and wellness programs help make moms strong in body, mind, and spirit.

CONTACT INFO

-  Local parks
-  birmingham.fit4mom.com
-  birmingham@fit4mom.com
-  [@fit4mombirmingham](https://www.instagram.com/fit4mombirmingham)
-  205.310.2064

WITH YOUR PASSPORT YOU RECEIVE

5 free classes



HOW TO REDEEM

Scan the QR code to sign up for class on our website and let us know you are a passport holder via email or when you arrive for class!




5 FREE CLASSES




ABOUT


A one-of-a-kind HIIT & kickboxing group class. Each class will provide you with the confidence and empowerment to take on the world & have you in the best shape of your life.

CONTACT INFO

 2711 18th Place S, Homewood, AL 35209

 gauntletfit.com

 info@gauntletfit.com

 [@gauntletfitness](https://www.instagram.com/gauntletfitness)

 205.937.4552

WITH YOUR PASSPORT YOU RECEIVE

3 free classes



HOW TO REDEEM

Download our App 'GauntletFit' and create an account. To obtain your 3 classes in the app: Click on the center option from the bottom panel (shopping basket), select 'Wellness Passport - 3 classes', and at checkout use promo code **GWELLNESS**.

THREE FREE CLASSES



HOTWORX

24 HOUR INFRARED FITNESS STUDIO

ABOUT

HOTWORX is a virtually instructed exercise program created for users to experience the many benefits of infrared heat absorption, while completing a 30-minute Isometric workout or 15-minute HIIT session. As the infrared heat penetrates your body causing you to sweat, the isometric postures further accelerate detoxification by physically removing the toxins from your organs through muscle contraction.

Our patented sauna combines heat, infrared, and exercise—what we like to call “3D Training”—and makes HOTWORX a workout unlike any other fitness program available!

CONTACT INFO



hotworx.net



Lakeview | studio.al0002@hotworx.net | 205.502.7898



Hoover | studio.al0017@hotworx.net | 205.438.6363



Lee Branch | studio.al0026@hotworx.net | 205.494.7370



Vestavia Hills | studio.al0006@hotworx.net | 205.502.7511



@hotworx



WITH YOUR PASSPORT YOU RECEIVE

3 free sessions at the location of your choice.

HOW TO REDEEM

Call the studio of your choice to schedule your three free sessions.






3 FREE SESSIONS AT THE LOCATION OF YOUR CHOICE

IGNITE CYCLE

ABOUT

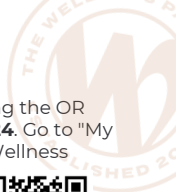
Ignite is BHM's cycling studio - with locations in Mountain Brook and Pepper Place, you can find a Ride that works for you and will leave you sweaty and smiling. We ride to the beat in a dark room to loud music - it's part workout, part dance party. Childcare is offered for select Rides at our Mountain Brook studio. Bikes for each week open up Monday at noon. We can't wait to ride with you!

CONTACT INFO

-  Pepper Place and Mountain Brook
-  ignitebhm.com
-  hello@ignitebhm.com
-  [@ignitecyclebhm](https://www.instagram.com/ignitecyclebhm)
-  205.639.6908 (PP) 205.603.7463 (MB)

WITH YOUR PASSPORT YOU RECEIVE

- 3 free rides
- 20% off merchandise in studios (excludes TIEMs)
- 2 additional rides for Well members



HOW TO REDEEM

New Riders: Sign up for an account by scanning the QR code. Under "Group Enrollment" write **ICXWP24**. Go to "My Account" and then "Buy Series." Select "BHM Wellness Passport 2024 - 3 Ride Pack" and checkout.



Returning Riders: In your account, under "Group Enrollment" write **ICXWP24**. Go to "My Account" and then "Buy Series." Select "BHM Wellness Passport 2024 - 3 Ride Pack" and checkout (if you're already enrolled in a group, email hello@ignitebhm.com).

For The Well Two Additional Classes: Details will be shared in Patreon.

3 FREE RIDES AT THE LOCATION OF YOUR CHOICE

IRONTRIBE™

— PERSONAL TRAINING —

ABOUT

Kickstart your journey to a leaner, stronger you with 3 FREE Iron Tribe classes! Each session is a quick and fun 45 minutes, with no more than 16 people, ensuring you get the personalized attention you deserve. Our amazing coaches will lead you through warm-ups and guide you every step of the way. Every workout is tailored to your unique needs, making it perfect for beginners and fitness enthusiasts alike. Still on the fence? No worries! Ask about our special discount for personal training. Come join us, and let's start this fitness journey together. Beginners are always welcome at Iron Tribe!

CONTACT INFO

 Mtn Brook | Homewood | Downtown | Hoover | Hwy 280

 irontribefitness.com

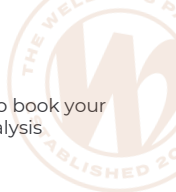
 lauren@irontribefitness.com

 @irontribe

 662.401.4705

WITH YOUR PASSPORT YOU RECEIVE

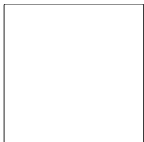
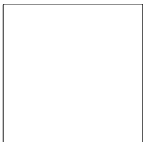
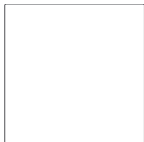
1 FREE Body Analysis Appt + 3 FREE Iron Tribe Classes



HOW TO REDEEM

Text **WELLNESSPASSPORT24** to 205.619.8125 to book your Iron Tribe classes and set up your free body analysis appointment.

3 FREE CLASSES



1 FREE BODY ASSESSMENT










ABOUT

Jazzercise is the original dance fitness program that incorporates dance cardio with strength training to sculpt and tone your muscles in the ultimate full-body workout. Whether you're looking for physical results or a way to relieve stress and FEEL your best, our Fit Pros will guide you every step of the way in your wellness journey.

CONTACT INFO

-  106 David Green Rd Ste E, Birmingham, AL 35244
-  jazzercise.com/location/jazzercise-riverchase-fitness-center-17433
-  riverchasejazzercise@gmail.com
-  @riverchasejazz
-  205.898.7410

WITH YOUR PASSPORT YOU RECEIVE

- 6 free classes
- 2 Well Member only classes on 9/26 & 10/24 at 6 PM
- 20% off 3 months of unlimited membership
- 20% off of a 10 class package



HOW TO REDEEM

Passport Holders:

On your mobile device, download the Jazzercise App, and tap "Register" to complete registration. Email riverchasejazzercise@gmail.com once you have completed this task. You will receive 6 free class credits in the app and will be able to book your classes from your mobile device.

Well Member Exclusive Classes: Details will be shared in Patreon.

SIX FREE CLASSES



**WELL ONLY CLASSES
ON 9/26 AT 6 PM,
10/24 AT 6 PM**

Scan QR code to join the Well





ABOUT

Fall in love with this magical space....

Your massage will be provided by a licensed massage therapist who has experience in deep tissue manipulation, Swedish techniques, and neuromuscular therapy.

Every massage is customized to the needs of each client with an end goal of improving overall wellness and total mind and body rejuvenation. Clients can expect a therapeutic approach to leave the body feeling fresh and possibly even ready to spread a little magic (aka love and happiness) over the world.

CONTACT INFO

📍 825 39th Street South Birmingham, AL 35222

🌐 kindrootsyoga.com

✉ info@kindrootsyoga.com

📷 [@kindrootsyoga](https://www.instagram.com/kindrootsyoga)

☎ 205.908.9613



WITH YOUR PASSPORT YOU RECEIVE

\$15 off of the price of 60 or 90 minute massages

HOW TO REDEEM

Passport holders can email info@kindrootsyoga.com to set up their appointments and payments will be handled at the appointment time. Please bring passport with you to your appointment.

**\$15 OFF 60 OR 90 MIN
MASSAGES**



MPOWER PILATES + CYCLE

ABOUT

Through our unique combination of Pilates Megaformer and Cycle training, we provide you with the perfect balance of fun, intense and unique classes that help you achieve your total body fitness goals, no matter body type or fitness level. By providing our clients with a balanced workout, we're able to change not only the way you look, but also the way you feel!

CONTACT INFO

 Crestline Park, English Village and Mountain Brook

 mpowerbhm.com

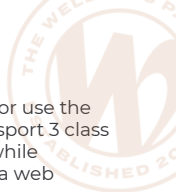
 frontdesk@mpowerbhm.com

 [@mpowerbhm](https://www.instagram.com/mpowerbhm)

 205.518.5676

WITH YOUR PASSPORT YOU RECEIVE

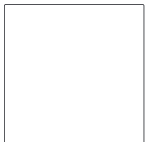
3 class pack for first 100 Passport holders to redeem



HOW TO REDEEM

Create an account on Mindbody with MPower or use the Mindbody App to "Purchase" the Wellness Passport 3 class pack using promo code **wellnesspassport24** while supplies last. Promo code can only be used on a web browser, not the app.

3 FREE CLASSES (MEGA OR CYCLE) AT ANY LOCATION





ABOUT

OTM Fitness combines the best of functional fitness training with the only official Hyrox affiliated programming in the area to provide a one-of-a-kind fitness experience. Group classes, nutrition coaching, personal training, and more! You'll find an unmatched community with top level coaching and programming to help you reach your fitness goals fast while having fun along the way!

CONTACT INFO

 1581 Montgomery Hwy #113, Hoover, AL 35226

 otm-fitness.com

 overthemountainfitness@gmail.com

 [@otm_fitness](https://www.instagram.com/otm_fitness)

 205.937.7552

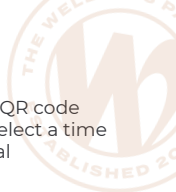
WITH YOUR PASSPORT YOU RECEIVE

5 free classes

20% off a new unlimited training membership

20% off a personal training session

Free nutrition consultation with a new membership

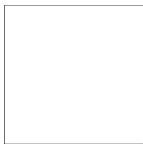
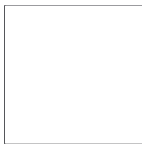
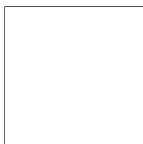


HOW TO REDEEM

To redeem visit www.otm-fitness.com (or scan QR code below) and click the “book free intro” button. Select a time and enter **wellnesspassport24** in the additional information box!



5 FREE CLASSES





ABOUT

Yoga is every Tuesday at 5:30 PM - 6:30 PM. Laura Gadilhe DeCastra leads us in an in-person yoga flow.

All levels welcome! Bring your own mat and water. Class meets in The Gallery, located across from Ono Poke.

CONTACT INFO

📍 1801 1ST Ave N, Birmingham, AL 35203

🌐 <https://www.thepizitz.com/food-hall>

📷 @thepizitz

☎ 205.500.2556

WITH YOUR PASSPORT YOU RECEIVE

Free yoga class every Tuesday at 5:30 PM

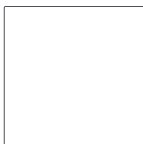


HOW TO REDEEM

Scan the QR code to grab a free ticket!



FREE YOGA CLASS



PM | METHOD

ABOUT

Whether you are in pursuit of fitness, wellness or preventative care, our team is here to provide expert care to support you in meeting your fitness and wellness goals through our individualized plans created for you in our unique studio setting.

Our method utilizes physical therapy practices paired with other fitness and wellness techniques to create a comprehensive client treatment plan. Each approach within our method is planned with client wellness in mind, and our goal is to support, guide, and provide you with the tools to allow you to do what you love everyday.

CONTACT INFO

 2000 Cahaba Road Suite 200, Birmingham, AL 35223

 thepmmethod.com

 hello@thepmmethod.com

 [@pmmethod](https://www.instagram.com/pmmethod)

 205.874.9990



WITH YOUR PASSPORT YOU RECEIVE

Physical Therapy: 40% off up to 3 PT Appointments (1 hour one on one)

Private Pilates: 40% off up to 3 Private Pilates Sessions

20% off all merchandise and bala products

HOW TO REDEEM

Please call (205.874.9990) or email the studio at hello@thepmmethod.com to set up your physical therapy and/or pilates sessions and let us know you are a Wellness Passport holder.

40% OFF UP TO 3 PT APPTS

40% OFF UP TO 3 PILATES APPTS



PROVISION

s t u d i o

ABOUT

A fitness studio that offers a small group, low-impact exercise program to provide you with the strength, flexibility, and cardiovascular health to build a stronger you for everyday life. Through our alignment and functional movement based Pilates and cardio classes, we offer a healthy combination of cardio and toning to create the perfect fitness balance.

CONTACT INFO

📍 1665 28th Ave. S, Homewood, AL 35209

🌐 provisionstudio.com

✉ hello@provisionstudio.com

📷 [@provisionstudiobhm](https://www.instagram.com/provisionstudiobhm)

📞 205.613.1378



WITH YOUR PASSPORT YOU RECEIVE

Passport Exclusive Classes:

Saturday, September 14th 12:30pm

Wednesday, September 18th 5:15pm

Tuesday, September 24th 5:45pm

Thursday, October 17th 5:45pm

Well Only Classes:

Saturday, September 7th 12:30pm

Friday, October 25th 5:30pm

HOW TO REDEEM

For Passport Exclusive Classes, email hello@provisionstudio.com and we will send you the link to book. Well members can find details for the Well-only classes in Patreon.

**WELL ONLY CLASS ON 9/7
AT 12:30 PM & 10/25 AT
5:30 PM**

Scan QR code to join the Well





HOMWOOD

ABOUT

Pure Barre Birmingham-Homewood invites you to join a total-body fitness experience with us at the barre. Taught by our highly-trained teachers, Pure Barre features four group class formats that deliver an effective total body barre workout focused on low-impact, high intensity movements that lift and tone muscles to improve strength, agility, and flexibility for every body.

CONTACT INFO

 2826 18th St. S, Homewood, AL 35209

 purebarre.com

 birminghamgm@purebarre.com

 [@purebarrebirmingham](https://www.instagram.com/purebarrebirmingham)

 205.870.7279

WITH YOUR PASSPORT YOU RECEIVE

3 free classes

20% off retail (excluding socks)



HOW TO REDEEM

Email birminghamgm@purebarre.com to have your classes added to your account.

3 FREE CLASSES + 20% OFF RETAIL





280

ABOUT

Pure Barre features four group class formats that deliver an effective total-body workout focused on low impact, high-intensity movements that lift and tone muscles and improve strength, agility and flexibility.

CONTACT INFO

 610 Inverness Cors, Hoover, AL 35242

 purebarre.com/al-280/

 280@purebarre.com

 [@purebarre280](https://www.instagram.com/purebarre280)

 205.677.8605

WITH YOUR PASSPORT YOU RECEIVE

4 free classes (one of each format - classic, define, empower, and align)

15% off retail (excluding socks)

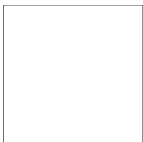
Well Member only class - 9/28 at 10:15 AM



HOW TO REDEEM

Email 280@purebarre.com with your first and last name, phone number, and email address to receive your four class credits. The retail discount can be applied in studio!

4 FREE CLASSES + 15% OFF RETAIL



**WELL ONLY CLASS ON 9/28
AT 10:15 AM**

Scan QR code to join the Well





ABOUT

Rise + Refine Hot Yoga (formerly Kiva Hot Yoga) is a community like no other that pursues healing, growth and considers everyone family. Together we encourage each other to RISE + REFINE mind body and spirit to the highest potential.

CONTACT INFO

📍 300 Olde Towne Rd, Vestavia Hills, Alabama, 35216

🌐 www.riseandrefinehotyoga.com

✉ info@kivahotyoga.com

📷 [@riseandrefinehotyoga](https://www.instagram.com/riseandrefinehotyoga)

☎ 205.767.3849

WITH YOUR PASSPORT YOU RECEIVE

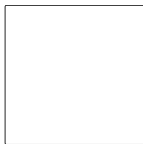
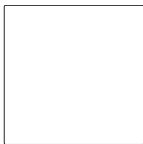
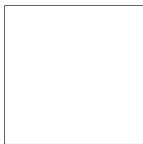
3 free classes



HOW TO REDEEM

Create an account if you do not have one, then email contact@riseandrefinehotyoga.com to have your passes added to your account.

3 FREE CLASSES





BALANCING MIND & BODY

ABOUT

Learn how to connect your mind to your body! Pilates is not just a workout; it's therapy! Good for the mind, body, and soul! Learn the pilates principles and return to life!

CONTACT INFO

 1745 Oxmoor Rd, Homewood, AL 35209

 pilatesgmethod.com

 info@pilatesgmethod.com

 @studiogpilates

 205.440.1001

WITH YOUR PASSPORT YOU RECEIVE

Free reformer class on 9/10 at 12 PM

Well Members only classes on 9/3 and 9/17 at 12 PM



HOW TO REDEEM

For the free reformer class, register on Mindbody app with promo code **wellnesspassport24**. For the Well-only class, details can be found in Patreon.

FREE REFORMER CLASS



**WELL ONLY CLASSES ON
9/3 & 9/17 AT 12 PM**

Scan QR code to join the Well





ABOUT

SUPERTONE is a dual-concept fitness studio that unites strength training and cycling together in one rhythmic experience. Try all three of our class types, STRENGTH, CYCLE and SUPER (30 minutes of strength training AND 30 minutes of cycling). Find the challenge, celebrate the work as a team, and leave feeling unstoppable.

CONTACT INFO

📍 2732 Central Avenue #110, Birmingham, AL 35209

🌐 supertone.fit

✉ info@supertone.fit

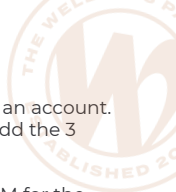
📷 [@supertone.fit](https://www.instagram.com/supertone.fit)

📞 205.957.3111

WITH YOUR PASSPORT YOU RECEIVE

3 free classes

20% off a 10 class pass



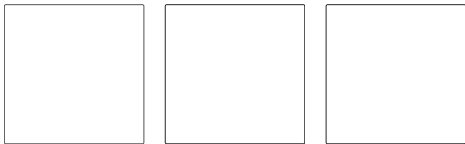
HOW TO REDEEM

Download the SUPERTONE Fit App and create an account. Then email us at info@supertone.fit and we'll add the 3 classes to your account.

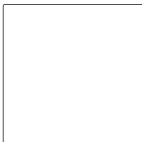
Our booking window opens each Sunday at 5PM for the following week of classes. If you need to cancel a class, please cancel 6 hours before the class time starts- cancelling within 6 hours of the start of class will result in the deduction of one class credit.

For your first class at SUPERTONE, just bring a water bottle and wear athletic clothing- cycle shoes can be rented at the studio (they are free for your first class only) and regular socks can be worn for our STRENGTH classes. We look forward to training with you at SUPERTONE!

3 FREE CLASSES



20% OFF A 10 CLASS PASS





THREE15


BARRE.CYCLE.TONE

ABOUT

THREE15 is a beat based cycling studio that combines cycling, barre and strength work in one dynamic class.

In addition to our THREE15 method, we also offer a RIDE45 & STRENGTH45, both include a full body workout.

CONTACT INFO

 1017 Oxmoor Rd #211, Birmingham, AL 35209

 three15studio.com

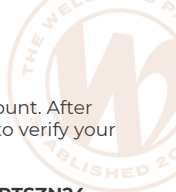
 info@three15studio.com

 [@three15studio](https://www.instagram.com/three15studio)

 205.470.9263

WITH YOUR PASSPORT YOU RECEIVE

3 free classes

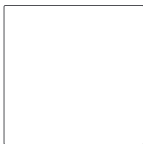


HOW TO REDEEM

Download the THREE15 app and create an account. After creating an account, you will be sent an email to verify your account.

After the account is verified, use code **PASSPORTSZN24** when purchasing 3 single classes. Email alexfreeman@three15studio.com with any issues.

3 FREE CLASSES



TRUE40

fitness studio

ABOUT

True40® Studio is creating a mindset shift in the modern fitness space. Our method is a fusion of high-intensity, low-impact exercises that are inspired by barre, functional strength training, Pilates, and yoga. Through empowering instructors, and movements tailored to the beat of the music, the True40® Studio method is a true celebration of movement. Plus, we offer childcare!

CONTACT INFO

📍 2201 Second Ave. S, Unit 201, Birmingham, AL 35233

📍 819 Green Springs Hwy, Ste. 117, Homewood, AL 35209

🌐 true40studio.com

✉ bham@true40studio.com

📷 @true40bham

☎ 205.224.5498 (Downtown) | 205.201.6747 (Homewood)

WITH YOUR PASSPORT YOU RECEIVE

4 free classes (used at either studio)

25% off retail

Well Members only class on 9/8 at 2 PM (Homewood)

Well Members only class on 10/21 at 6:45 PM (Downtown)



HOW TO REDEEM

To redeem your classes, use promo code **wellnesspassport24** to purchase The Wellness Passport 4 Class Package listed on our buy page (scan the QR code). You are required to have a credit card on file. You must cancel within 8 hours of your class time to avoid the late cancel/no show penalty of \$15. If you late cancel/no show, your credit will be returned to your account to use another time. To register for the Well-only classes, view details in Patreon.



4 FREE CLASSES + 25% OFF RETAIL



**WELL ONLY CLASS ON 9/8
AT 2 PM (HOMWOOD) &
10/21 AT 6:45 PM
(DOWNTOWN)**



Scan QR code to join the Well


Ū4IC YOGA HWD, AL

ABOUT


ū4ic yoga is an absolute vibe - it's an experience from the time you walk in. You can expect a detox drip, high vibes and lit tunes - leaving you feeling ū4ic!

There are a variety of classes to meet everyone's wants and needs and we are open seven days a week.

CONTACT INFO

 2926 Central Ave, Birmingham, AL 35209

 u4icyoga.com

 info@u4icyoga.com

 [@u4icyoga](https://www.instagram.com/u4icyoga)

 205.874.9333

WITH YOUR PASSPORT YOU RECEIVE

1 free class offered on the following Saturdays at 12 PM:
9/21, 9/28, or 10/5 (new clients only)



HOW TO REDEEM

Book your class ahead of time to secure your spot by scanning this QR code:

Passport must be presented upon arrival and don't forget your mat, towel, water and good energy!



**ONE FREE CLASS
(9/21, 9/28, OR 10/5 AT 12 PM)**





ABOUT

Wheelhouse Academy focuses on all things "Strength and Conditioning". We guide members through three separate program options so that people can identify their strengths (their wheelhouse) and shore up their weaknesses in their health and fitness performance.

CONTACT INFO

📍 2424 4th Ave S, Birmingham, AL 35233

🌐 wheelhouse.academy

✉ info@wheelhouse.academy

📷 [@wheelhouse.academy](https://www.instagram.com/wheelhouse.academy)

📞 205.777.4072

WITH YOUR PASSPORT YOU RECEIVE

3 free classes in either of our programs (Conditioning Class or Strength Class)

Exclusive classes/workshops for Well Members will be announced in weekly newsletter

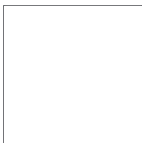
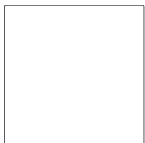


HOW TO REDEEM

Scan the QR code to create a member profile, sign the waiver, get access to our app, register for class, and review workouts. Email us for any further assistance and questions.



THREE FREE CLASSES












ABOUT

X⁴ Fitness is a fun, full-body interval workout for all fitness levels with effective programming, constant variety, and genuine community. Every class includes four stations that offer the Complete Fitness Formula, bridging the gap between HIIT and functional fitness.

CONTACT INFO

-  x4fit.com
-  Downtown | downtownbhm@x4fit.com | 205.604.4007
-  Homewood | homewood@x4fit.com | 205.644.9206
-  Mountain Brook | mountainbrook@x4fit.com | 205.771.0256
-  [@x4_homewood](https://www.instagram.com/x4_homewood)
-  [@x4_downtownbhm](https://www.instagram.com/x4_downtownbhm)
-  [@x4_mountainbrook](https://www.instagram.com/x4_mountainbrook)



WITH YOUR PASSPORT YOU RECEIVE

5 free classes at chosen location

HOW TO REDEEM

Scan the QR code for the location of your choice, and we will reach out to you.



HWD



DWNTN



MB

5 FREE CLASSES

**STRONGER
TOGETHER
IMAGINE EQUALITY**

hap-pi-ness
noun the state of being happy



SWEAT.

SELF-CARE.

SAVOR.

SWEAT.

SELF-CARE.

SAVOR.

SWEAT.

SELF-CARE.

SAVOR.

SWEAT.

SELF-CARE.


SAVOR.




ABOUT

Ayurveda is the traditional healing system of ancient India and it is the oldest, most continuously practiced health science in the world. After over a decade of studying Ayurveda, including two trips to India, I am so excited to share the rejuvenating practices of Ayurveda with the Birmingham community. We are the only Ayurvedic healing center in town, located right in the heart of Homewood, offering both Ayurvedic bodywork therapies as well as personalized Ayurvedic lifestyle and nutritional guidance.

CONTACT INFO

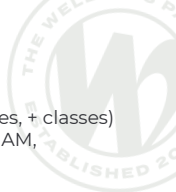
 2907 Crescent Ave, Homewood, AL 35209

 bella-ayurveda.com

 victoria@bella-ayurveda.com

 [@bella_ayurveda](https://www.instagram.com/bella_ayurveda)

 251.654.5430



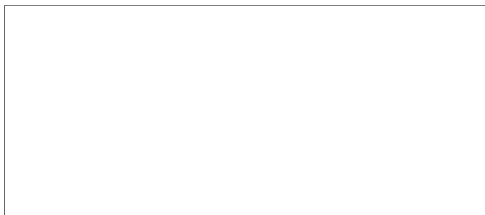
WITH YOUR PASSPORT YOU RECEIVE

20% off services (consultation, bodywork therapies, + classes)
Well Members only breathing classes: 10/19 at 10 AM,
10/25 at 2 PM, 11/2 at 2 PM

HOW TO REDEEM

Call 251.654.5430 or email
victoria@bella-ayurveda.com to schedule
appointment. Must have proof of passport at
appointment. Well members will receive instructions
to register for the breathing classes via Patreon.

20% OFF ALL SERVICES



**WELL ONLY CLASSES
ON 10/9, 10/25, & 11/2**

Scan QR code to join the Well



BHM LASH

ABOUT

The mission at BHM LASH is to uplift women by helping them feel their best and simplifying their day-to-day beauty routine. Located in the heart of Homewood, owned by a former Miss Alabama USA, specializing in lash services, brow services, facials and exciting *new* services coming soon!

CONTACT INFO

 2926 Central Ave, Homewood, AL 35209

 bhmlash.com

 bhmlashmadison@gmail.com

 [@bhmlash](https://www.instagram.com/bhmlash)

 205.789.9105

WITH YOUR PASSPORT YOU RECEIVE

20% off lash lift & tint

15% off mini facial & dermaplane ("glow & go")

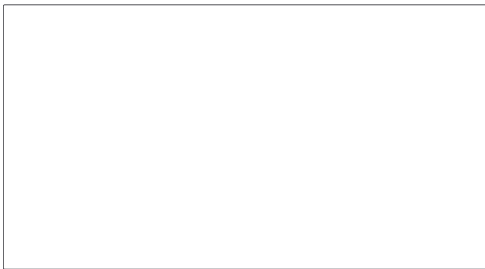
15% off brow services



HOW TO REDEEM

Use promo code: **wellnesspassport2024** when booking online. Must have proof of passport at appointment.

20% OFF LASH LIFT & TINT
15% OFF FACIAL, DERMAPLANE,
& BROW SERVICES










ABOUT

WE 'DO IT BEST - We believe that blow outs have the power to uplift you and enhance your day! But beautiful hair is just the beginning: we offer makeup and other luxurious services, too.

Open 7 days a week!

CONTACT INFO

-  350 Hallman Hill East, Suite 61, Homewood, AL 34229
-  blomedry.com/homewood-birmingham-al
-  blohomewood@bloblowdrybar.com
-  [@blo_homewood](https://www.instagram.com/blo_homewood)
-  205.423.5575

WITH YOUR PASSPORT YOU RECEIVE

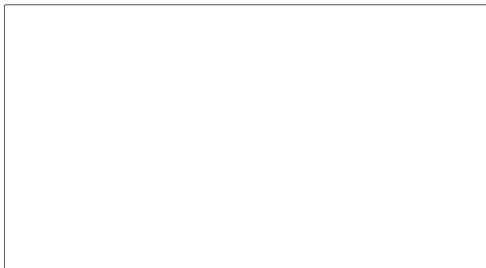
Monday - Thursday, enjoy: 20% off blow outs, 10% off makeup sessions, 20% off all hair and makeup products



HOW TO REDEEM

Use promo code **wellnesspassport24** for 20% off blow outs and retail products, and for 10% off makeup application services.

**20% OFF BLOW OUTS, 10%
OFF MAKEUP APPLICATION,
20% OFF HAIR &
MAKEUP PRODUCTS**



BOSSI:LEISURE

MOUNTAIN BROOK

ABOUT

Bossi Leisure offers effortlessly stylish and functional clothing designed for women on the go. Our versatile pieces ensure you look chic and feel comfortable no matter where your day takes you.

CONTACT INFO

 2003 Cahaba Rd, Mountain Brook, AL 35213

 bossileisure.com

 info@bossileisure.com

 [@bossileisure](https://www.instagram.com/bossileisure)

 205.201.6735

WITH YOUR PASSPORT YOU RECEIVE

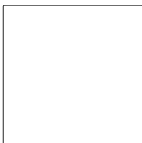
20% off one item

HOW TO REDEEM

Show us your Passport in store!



20% OFF ONE ITEM






ABOUT

Escape Day Spa: Your place to escape, dream, rejuvenate, and relax.

CONTACT INFO

 100 Broadway St, Homewood, AL 35209

 theplacetoescape.com

 escape@theplacetoescape.com

 [@escape_day_spa](https://www.instagram.com/escape_day_spa)

 205.414.6062

WITH YOUR PASSPORT YOU RECEIVE

First visit Membership Price for Plans 1&2 -

Wellness Plan 1: \$89

Wellness Plan 2: \$119

OR 15% off any one service not listed in that plan. Scan QR code on next page to see all services.

Scan to learn more about the Membership Wellness Plans:

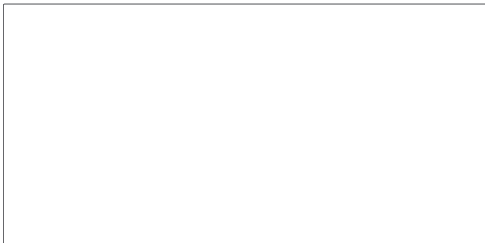


HOW TO REDEEM

Scan the QR code to book online with us. Select your preferred service online and bring your wellness passport when you checkout for your service in-store.



DISCOUNTED MEMBERSHIP PLANS OR 15% OFF SERVICES NOT IN PLANS








ABOUT

A clean beauty facial bar specializing in organic express treatments with customized boosters for a healthy glow in an open bar setting.

CONTACT INFO

-  Downtown and Pelham Locations
-  fancyfacebham.com
-  info@fancyfacebham.com
-  [@fancyface_facialbar](https://www.instagram.com/fancyface_facialbar)
-  205.260.2812 (DWNTN) 205.728.8899 (PELHAM)

WITH YOUR PASSPORT YOU RECEIVE

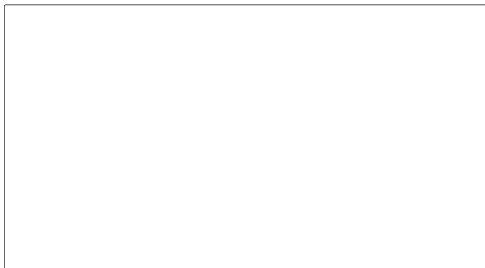
Free booster with any facial (up to \$35). Available at both locations.



HOW TO REDEEM

No promo code needed. Book any facial with us and comment **PASSPORT** to redeem!

**FREE BOOSTER WITH ANY
FACIAL (UP TO \$35)**









ABOUT

Genesis is an award-winning nail spa, where great service and quality work are our top priorities. Voted Best of Homewood 2024, we pride ourselves on creating a friendly atmosphere that makes every client feel pampered and appreciated. Our goal is for everyone who visits to leave feeling happier, rejuvenated, and confident that they deserve the best self-care and me-time.

CONTACT INFO

-  350 19th St S Ste 51, Homewood, AL 35209
-  genesishailspa@gmail.com
-  [@genesishailspahomewood](https://www.instagram.com/genesishailspahomewood)
-  205.802.0639

WITH YOUR PASSPORT YOU RECEIVE

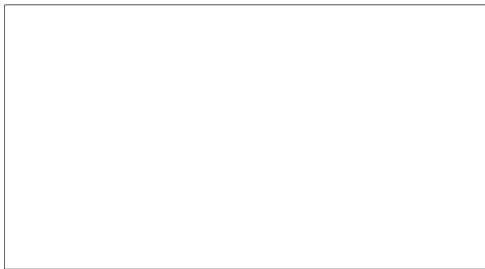
10% off services Monday - Thursday (excluding gift cards)



HOW TO REDEEM

Bring your passport with you when you receive your service!

10% OFF SERVICES





HABITUAL LASH
—
BEAUTY BAR

ABOUT

Habitual Lash: Change your lash, change your life. Let us be your next bad habit!

CONTACT INFO

📍 929 Oxmoor Rd, Homewood, AL 35209

🌐 habituallash.com

✉ beauty@habituallash.com

📷 [@habitual_lash](https://www.instagram.com/habitual_lash)

☎ 205.593.4286

WITH YOUR PASSPORT YOU RECEIVE

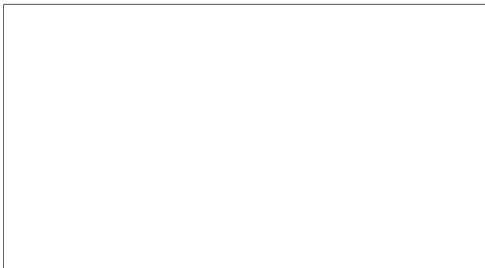
20% off all services



HOW TO REDEEM

Show us your passport in-store when you checkout.

20% OFF ALL SERVICES







HUM

CONCIERGE

ABOUT

HUM Concierge effortlessly eases the friction between work life and home life by offering elevated, tailored personal assistance, executive level concierge services, and luxury lifestyle management for busy professionals and families.

CONTACT INFO

-  humconcierge.com
-  hello@humconcierge.com
-  [@humconcierge](https://www.instagram.com/humconcierge)
-  205.578.2024

WITH YOUR PASSPORT YOU RECEIVE

15% off a one-on-one "life triage" session with HUM founder, Sarah Robinson.

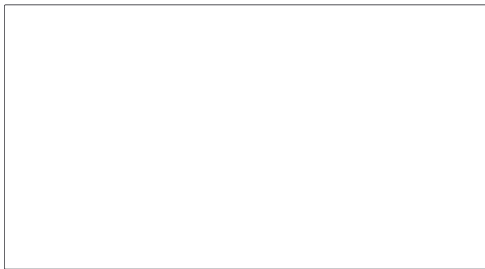
*See Workshop Local's page for joint event for Well members.



HOW TO REDEEM

Email sarah@HUMConcierge.com and mention the Wellness Passport!

15% OFF A ONE-ON-ONE










ABOUT

Hydralive Therapy® is a health and wellness clinic with locations in Alabama and Georgia. Our mission is simple: to provide a comfortable, spa-like experience with services to enhance a healthy lifestyle. Our services include IV therapy, vitamin injections, cryotherapy and compression therapy that focus on individualized care with a staff of board certified/state-licensed healthcare professionals.

CONTACT INFO

-  Homewood and Hoover
-  hydrativetherapy.com
-  marketing@hydrativetherapy.com
-  [@hydrativetherapy](https://www.instagram.com/hydrativetherapy)
-  205.848.8829 (Homewood) 205.747.0793 (Hoover)

WITH YOUR PASSPORT YOU RECEIVE

- 30% off all services
- 1 free compression therapy session

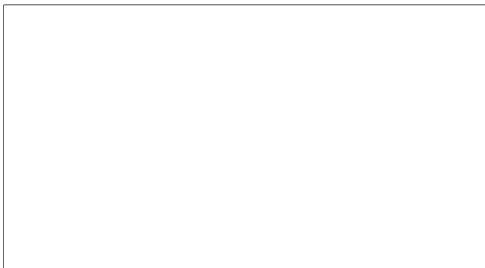


HOW TO REDEEM

Promo Code: **WLPASS24**

Redeemed at in-person checkout when showing your Passport or use the promo code when booking online.

**30% OFF ALL SERVICES, 1
FREE COMPRESSION SESSION**








ABOUT

Made Simple Living (Made) is an online beauty shop that aims to take the guesswork out of clean beauty. We research and try clean beauty products for you and only carry the best of the best, including our handmade skincare line.

CONTACT INFO

-  madesimpleliving.com
-  hello@madesimpleliving.com
-  [@madesimpleliving](https://www.instagram.com/madesimpleliving)

WITH YOUR PASSPORT YOU RECEIVE

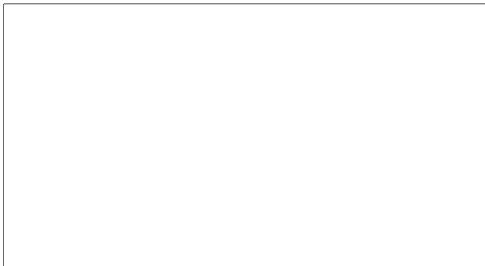
\$25 off Made's handmade skincare line



HOW TO REDEEM

Redeem online using the code **wellnesspassport24** at checkout. Code is valid for Magic City, our lightweight, vitamin C oil, or Florence, our rich, blue tansy, ceramide balm.

\$25 OFF SKINCARE





MOTIVITY

CHIROPRACTIC


ABOUT

Your body was designed to move. Your brain requires it. Your immune system requires it. Your cardiovascular system too. Let us restore your motion from head to toe.

CONTACT INFO

 2413 2nd Ave. S, Birmingham, AL 35233

 motivitychiropractic.com

 info@motivitychiropractic.com

 [@motivitychiropractic](https://www.instagram.com/motivitychiropractic)

 205.356.7204

WITH YOUR PASSPORT YOU RECEIVE

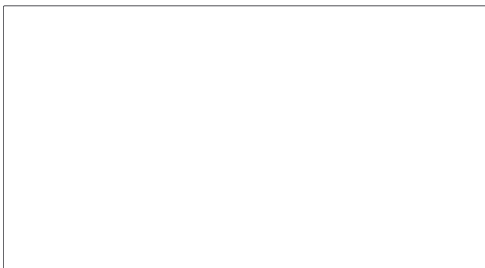
20% discount on supplements, laser therapy and massage therapy

HOW TO REDEEM

Redeem discount in person by presenting your Passport.



20% OFF







ABOUT

Rachel Isbill Counseling offers clinical mental health therapy to those who want to make sense of their story through a lens of connection. Rachel takes a holistic approach to learning a person's story and experiences, then helps clients move toward building secure attachments through trauma-informed care. She specializes in working with individuals and couples on areas such as attachment, relationships, friendship, perinatal considerations, boundaries, trauma and much more.

CONTACT INFO

 300 Vestavia Parkway, Suite 3200 Vestavia, AL 35216

 isbillcounseling.com

 rachel@isbillcounseling.com

 [@rachelisbillcounseling](https://www.instagram.com/rachelisbillcounseling)

 205.509.6627

WITH YOUR PASSPORT YOU RECEIVE

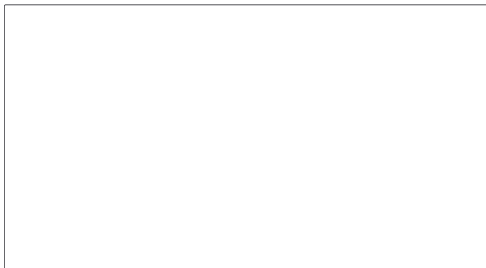
50% off one intake counseling session (\$75 for 55-minute initial counseling appointment | regularly \$150/session)



HOW TO REDEEM

Email rachel@isbillcounseling.com and mention the Wellness Passport to schedule your intake session.

**50% OFF INTAKE
COUNSELING SESSION**










RCVRY
RECOVERY HOUSE

ABOUT

Recovery physically and mentally with our Contrasty therapy of hot sauna and cold plunge. Each session is community based and instructor-led so invite a friend to join you as you elevate your mental and physical recovery.

CONTACT INFO

-  2424 4th Ave S, Birmingham, AL 35233 (inside Wheelhouse)
-  rcvryhouse.com
-  hello@rcvryhouse.com
-  [@rcvryhouse](https://www.instagram.com/rcvryhouse)
-  205.572.6172

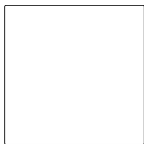
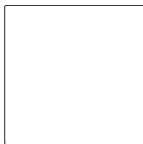
WITH YOUR PASSPORT YOU RECEIVE

2 RCVRY House sessions in our Hot Sauna & Cold Water Plunge Tubs

HOW TO REDEEM

Each passport holder will create a profile in our 'RCVRY House' app and utilize the promo code **wellnesspassport24** when booking their free classes.

2 FREE SESSIONS





ABOUT

Discover the power of touch and enhance well-being through hands-on Self and Partner Massage workshops. Learn techniques to relieve stress and body aches, improve circulation and in Partner Classes, strengthen connections. Partner classes can be couples, friends, or parent/child. There will be explicit descriptions if there is a designated partner focus.

CONTACT INFO

📍 3918 Montclair Rd, Suite 100, Birmingham, AL 35213

🌐 relaxation-room.com

✉ relaxationroombham@gmail.com

📷 [@relaxationroombham](https://www.instagram.com/relaxationroombham)

☎ 205.296.6288

WITH YOUR PASSPORT YOU RECEIVE

Self and Partner Massage Workshops

HOW TO REDEEM

Scan the QR code for dates and locations of the workshops and look out for weekly Passport emails for additional info.



SELF + PARTNER MESSAGE CLASS



restore

H Y P E R W E L L N E S S

ABOUT

Birmingham's premiere health and wellness studio offers state-of-the-art technology, backed by science, to allow people to #DoMore of what they love to do! Featuring Alabama's only 4-person, electric whole-body cryotherapy without any harmful liquid nitrogen. Stop by for a free consultation with our nurse practitioner and licensed estheticians!

CONTACT INFO

 2800 Cahaba Village Pl Ste. 210, Birmingham, AL 35223

 restore.com

 mtbrook@restore.com

 [@rhw_mtbrook](https://www.instagram.com/rhw_mtbrook)

 205.518.5777

WITH YOUR PASSPORT YOU RECEIVE

Free medical consultation with our nurse practitioner

Free skin health consultation with our licensed esthetician

50% off first-time whole body cryotherapy

\$99 first-time base IV drip

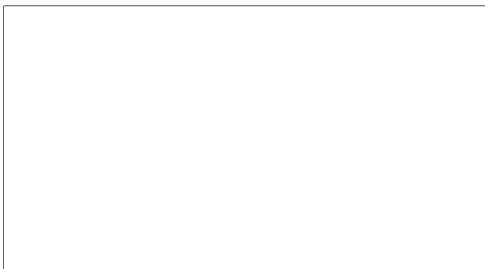
20% off any level of membership

HOW TO REDEEM

Scan the QR code to download our app to create your account and book your first appointment! Use promo code **wellnesspassport24** to apply your discounts!



**FREE CONSULTATIONS, 50% CRYO,
\$99 IV DRIP, 20% MEMBERSHIP**





The Retreat Day Spa

ABOUT

The Retreat Day Spa is an organic day spa offering Customized Massage, Eminence Organic Facials, Couples Services, Spa Packages, waxing, and manicures/pedicures.

Located just down the road from The Summit, we are in Cahaba Heights across from Winn Dixie.

CONTACT INFO

📍 3920 Crosshaven Dr, Suite 100, Birmingham, AL 35243

🌐 theretreatbham.com

✉ relax@theretreatbham.com

📷 [@theretreatbham](https://www.instagram.com/theretreatbham)

📞 205.834.8349

WITH YOUR PASSPORT YOU RECEIVE

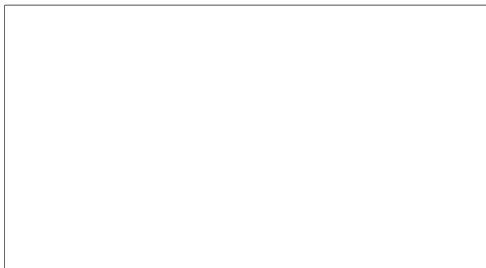
10% off all services, products, and gift certificates with exception of manicures and pedicures

HOW TO REDEEM

Book online (scan QR code) or by phone using promo code **BHAMPassport**.



**10% OFF ALL SERVICES,
PRODUCTS AND GIFT CERTIFICATES
(EXCEPTION OF MANIS + PEDIS)**








Rx NUTRITION

ABOUT

Rx Nutrition Counseling is dedicated to helping women find personalized nutrition solutions for lifelong health. Our expertise includes hormone balance, disordered eating, fueling for sport/exercise, pregnancy/postpartum nutrition, and perimenopause/menopause support. We offer a range of services, including personalized nutrition counseling, biometric scans, and comprehensive blood biomarker testing to address your unique needs.

CONTACT INFO

-  Rachael Wade, DrPH, MS, RD, LD
-  rxnutritioncounseling.com
-  rachael@rxnutritioncounseling.com
-  @rachaelwade_
-  205.540.0433

WITH YOUR PASSPORT YOU RECEIVE

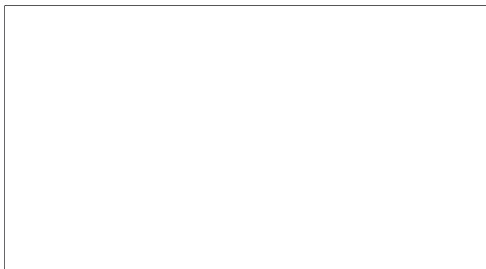
25% off first month of all nutrition counseling packages - contact for more info

HOW TO REDEEM

Book a free intro call via website (scan the QR code) or contacting directly, then purchase online using the promo code **wellnesspassport24**.



25% OFF FIRST MONTH





SIMPLY PURE

YOUR SAFE
HAVEN FOR





LIVING

NON-TOXIC
LIVING

ABOUT

At Simply Pure Living, we take pride in offering a unique, carefully sourced selection of the most effective non-toxic products that can be found. We are a one-stop-shop with a broad selection of health and wellness essentials! Our commitment to purity and support for small businesses sets us apart.

CONTACT INFO

-  [simplypureliving.com](https://www.simplypureliving.com)
-  info@simplypureliving.com
-  [@simply.pure.living](https://www.instagram.com/simply.pure.living)
-  203.293.2546

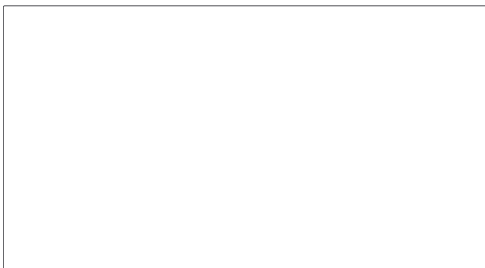
WITH YOUR PASSPORT YOU RECEIVE

20% off ONE order

HOW TO REDEEM

Discount will be automatically applied when you use the same email to checkout that you used for The Wellness Passport!

20% OFF ONE ORDER





ABOUT

I offer 1:1 nutrition counseling and education (virtually and in person) to children, adolescents, and adults!

I am excited to be providing nutrition therapy to help individuals optimize their health, improve quality of life, strengthen their gut health and find joy in eating. My mission is to help my clients develop sustainable health and positive eating relationships. Everything I do will be individualized and tailored to best serve you!

CONTACT INFO

📍 2208 University Blvd, Suite 102, Birmingham, AL, 35233

🌐 sophiedolannutrition.com

✉ hello@sophiedolannutrition.com

📷 [@sophiedolan.rd](https://www.instagram.com/sophiedolan.rd)

☎ 205.259.6710

WITH YOUR PASSPORT YOU RECEIVE

Free 1 on 1 guided grocery store shopping session with purchase of a Nutrition Counseling visit package

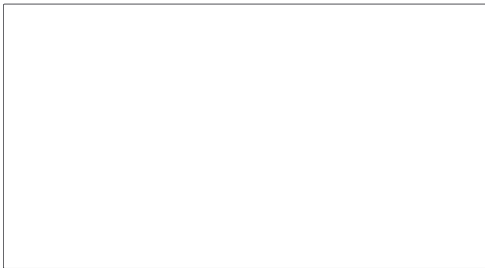
First 10 clients to schedule get free access to the nutrition intelligence platform for customized meal planning, recipes, macro tracking, grocery lists, and more after initial visit.

*Note: If you have health insurance, you likely can be seen at zero cost to you.

HOW TO REDEEM

Email hello@sophiedolannutrition.com with **PASSPORT** in the subject line.

FREE GUIDED GROCERY SESSION





SPARROW

HEALTH & PERFORMANCE

ABOUT


Sparrow Health & Performance is a whole body clinic with a natural-first approach. From autoimmune, joint pain, vaccine injured, or the undiagnosed we see a wide array of patients and strive to be a resource for a more healthy and proactive way of life.

CONTACT INFO

 2807 Greystone Commercial Blvd Suite 32 Birmingham, AL 35242

 sparrowclinic.com

 info@sparrowclinic.com

 [@sparrowclinic](https://www.instagram.com/sparrowclinic)

 205.783.1020

WITH YOUR PASSPORT YOU RECEIVE

\$10 OFF - Non-invasive Vitamin, Mineral, & Heavy Metal Analysis

\$20 OFF - Plason Facials for skin tone, aging, and even cystic acne.

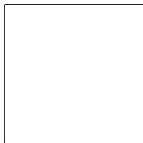
Exclusive Savings on TED Natural Hair & Eyebrow Restoration Packages

HOW TO REDEEM

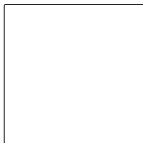
Bring your passport to redeem at checkout.



**\$10 OFF (NON-INVASIVE VITAMIN,
MINERAL, & HEAVY METAL
ANALYSIS) & \$20 OFF PLASON
FACIALS**



**EXCLUSIVE SAVINGS ON TED
NATURAL HAIR & EYEBROW
RESTORATION PACKAGES**




*Starmer Nutrition*NUTRITION CONSULTING
&
COUNSELING

ABOUT

Danielle Starmer, RD LDN started Starmer Nutrition in 2019 to help those struggling to achieve their health and wellness goals. Specializing in digestive nutrition and kidney nutrition, Danielle Starmer, RD LDN has helped hundreds of patients to manage their IBS, IBD, Celiac Disease, Chronic Kidney Disease, and many other conditions while using a weight neutral/anti-diet approach. Danielle believes that anybody has the potential to make healthy choices in their day-to-day life that are sustainable, freeing, and fulfilling.

CONTACT INFO

 4050 Hickory Cir, Birmingham, AL 35210

 starmernutrition.com

 info@starmernutrition.com

 [@starmernutrition](https://www.instagram.com/starmernutrition)

 205.670.1605

WITH YOUR PASSPORT YOU RECEIVE

40% off an initial medical nutrition therapy session

10% off follow-up sessions

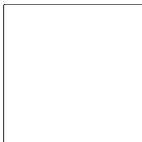
(usually \$175 and \$75, respectively)

HOW TO REDEEM

Discount will be automatically applied when you use the same email to checkout that you used for The Wellness Passport!



40% OFF INITIAL SESSION



10% OFF FOLLOW-UP SESSIONS





ABOUT

Designed to compliment your every move, Stoonic offers activewear that allows versatility, support, and functionality.

We aim to inspire movement and fashion with fabrics that are high quality, and styles that easily fit your wardrobe.

CONTACT INFO



stoonic.com



info@stoonic.com



@stoonic

WITH YOUR PASSPORT YOU RECEIVE

30% off (one time purchase) during the Wellness Passport session only.

HOW TO REDEEM

Use promo code **WELLNESS24** when shopping online.



**30% OFF ONE PURCHASE
WHILE A PASSPORT HOLDER**





The Peachie Spoon

ABOUT

I specialize in metabolisms and balancing blood sugar for feel good food freedom.

CONTACT INFO



thepeachiespoon.com



meredith@thepeachiespoon.com



[@thepeachiespoon](https://www.instagram.com/thepeachiespoon)

WITH YOUR PASSPORT YOU RECEIVE

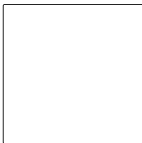
25% off Well Made Academy, the step by step guide to balance blood sugar to keep insulin and inflammation low, restore metabolism, and finally achieve rest with food and body.

HOW TO REDEEM

Scan the QR code and use code **wellnesspassport24**.



**25% OFF WELL
MADE ACADEMY**



THRIVE

PHYSICAL THERAPY & WELLNESS

ABOUT

Offering one on one physical therapy services. Specializing in pregnancy and postpartum care, pelvic health, general orthopedics, and dry needling.

CONTACT INFO

 4209 Dolly Ridge Rd, Vestavia Hills, AL 35243

 thriveptal.com

 info@thriveptal.com

 @thriveptal

 205.312.7925

WITH YOUR PASSPORT YOU RECEIVE

Pelvic floor 101 workshop on 9/17 at 6 PM

Promote your posture class on 9/25 at 6 PM



HOW TO REDEEM

Register for the workshops using the QR codes below.

**PELVIC FLOOR 101
ON 9/17 AT 6 PM**



**PROMOTE YOUR
POSTURE CLASS
ON 9/25 AT 6 PM**



2 FREE CLASSES



VERDE LUSSO

CURATED CLEAN BEAUTY

ABOUT

Verde Lusso is Alabama's leading clean beauty shopping destination where your desire to shop clean aligns with what we stock on our shelves. With expert guidance and in-person consultations, making the switch to clean beauty has never been easier.

CONTACT INFO

 2004 Cahaba Rd, Mountain Brook, AL 35223

 verdelusso.com

 mary@verdelusso.com

 [@verdelussocleanbeauty](https://www.instagram.com/verdelussocleanbeauty)

 931.215.1522

WITH YOUR PASSPORT YOU RECEIVE

10% off storewide

HOW TO REDEEM

For in-store purchase, show your Passport. For online, use code **wellnesspassport24**.

10% OFF STOREWIDE









ABOUT

Health looks different to everyone. We are all at varying points on the continuum of sickness to wellness. Our goal at Vulcan Nutrition is to help you continue to move the needle towards wellness. We focus on what creates enduring and sustainable change and ditch the restrictive mindset. Whether your goals are to be active with your grandchildren or improve your performance as an athlete, there is a place for proper nutritional coaching in everyone's life.

CONTACT INFO

-  thevulcannutrition.com
-  ellie@thevulcannutrition.com
-  [@the_vulcan_nutrition](https://www.instagram.com/the_vulcan_nutrition)
-  205.602.7734

WITH YOUR PASSPORT YOU RECEIVE

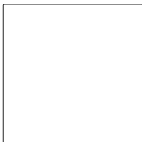
10% off for the first month of ongoing nutrition coaching with a three month commitment.
Free 10 minute intro call with a coach

HOW TO REDEEM

Scan the QR code and fill out the short contact form. In the section, "how did you hear about us" type **wellnesspassport24**.



**10% OFF YOUR FIRST MONTH
OF NUTRITION COACHING**





ABOUT

One-on-One Physical Therapy with our methodologies based in Strength, Conditioning, and Fitness Principles! We accept most insurances as well as a cash pay option. We have therapists who specialize in functional fitness, running, biking, pelvic health for active individuals and other specialties!

CONTACT INFO

- 📍 Mountain Brook: 3918 Montclair Rd #101
- 📍 Inverness: 157 Resource Center Pkwy #107
- 🌐 vulcanmovement.com
- ✉ relations@vulcanmovement.com
- 📷 [@vulcanmovement](https://www.instagram.com/vulcanmovement)
- ☎ 205.761.1068

WITH YOUR PASSPORT YOU RECEIVE

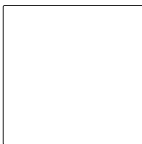
FREE Injury Screens (at both locations)
10% off all recovery and performance devices (BFR Cuffs, FireFly E-Stim Units)

HOW TO REDEEM

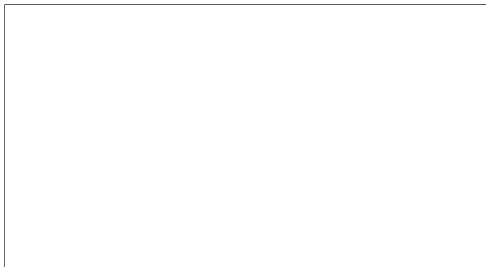
Bring Your Passport with you to Our Clinics When You Come for Evaluation or Purchase! Scan the QR code to book.



FREE INJURY SCREEN



**10% OFF FIREFLY, SAGA BLOOD
FLOW RESTRICTION CUFFS,
DRY NEEDLING**









WARRED FOR WELLNESS

A WELLNESS COLLECTIVE

ABOUT

Warred for Wellness is dedicated to serving women and loving on families! We offer doula services, in-home postpartum meal services, and mineral testing. We would love the opportunity to come alongside you, educate, and serve your family.

CONTACT INFO

-  warredforwellness.com
-  katelyn@warredforwellness.com
-  [@warredforwellness](https://www.instagram.com/warredforwellness)
-  256.343.4770

WITH YOUR PASSPORT YOU RECEIVE

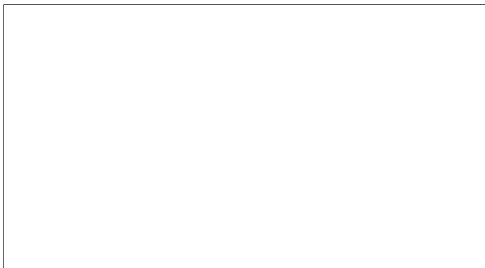
- \$75 off doula services
- 10% off postpartum meal service fees
- 20% off all HTMAs (hair tissue mineral analysis)

HOW TO REDEEM

Please reach out via the contact page on our website (scan the QR code) or DM us on Instagram @warredforwellness and include code: **wellnesspassport24** to receive your discount!



**\$75 OFF DOULA SERVICES, 10%
OFF POSTPARTUM MEAL SERVICE
FEES, 20% OFF ALL HTMAS**





WORKSHOP

ABOUT

Workshop is a fresh, inviting meeting & event space in West Homewood that specializes in public workshops and private rentals. We are a space where the community is invited to learn and invest in themselves during thoughtful workshops, as well as gather for private off-site team meetings and retreats. This sunny, quiet space hopes to bring encouragement and refreshment to all who enjoy it...a place to enjoy time and space, learn and grow.

CONTACT INFO

 186 Oxmoor Rd No. 220, Homewood, AL 35209

 workshoplocal.com

 katherine@workshoplocal.com

 [@workshop.local](https://www.instagram.com/workshop.local)

 205.966.1524

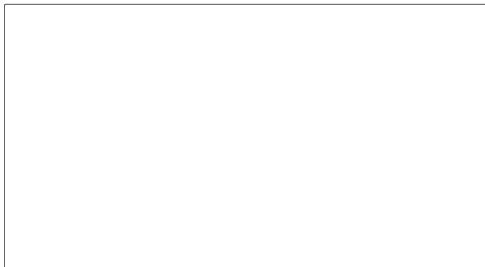
WITH YOUR PASSPORT YOU RECEIVE

1 free Fresh Start Class (9/9 at 9-11 AM or 10/7 at 9-11 AM)
20% off any additional classes during the Passport Season
Discounts on rental of workshop for meetings & events
Well-only workshop with HUM Concierge on 9/24

HOW TO REDEEM

Redeem Complimentary Fresh Start Class with code **PASSPORTFRESHFREE24** and other discounted classes with **PASSPORTWORKSHOP20**. Well members can find details for the Well Exclusive Class on September 24 in Patreon.

FRESH START CLASS, 20% OFF OTHER CLASSES, WORKSHOP RENTAL DISCOUNT



**WELL ONLY WORKSHOP WITH
HUM CONCIERGE ON 9/24
AT 6-8 PM**

Scan QR code to join the Well






woven

NATURAL FERTILITY CARE

ABOUT

Reproductive health is a critical piece of overall health and wellness, yet many women know very little about it. At Woven Natural Fertility Care, we believe every woman deserves to understand her body and fertility in order to make informed decisions. We provide Fertility Education that empowers women in their health decisions, family planning options, fertility treatments and more, while honoring the deep connection fertility has with faith.

CONTACT INFO

-  wovenfertility.com
-  hello@wovenfertility.com
-  [@wovenfertility](https://www.instagram.com/wovenfertility)
-  205.378.7708

WITH YOUR PASSPORT YOU RECEIVE

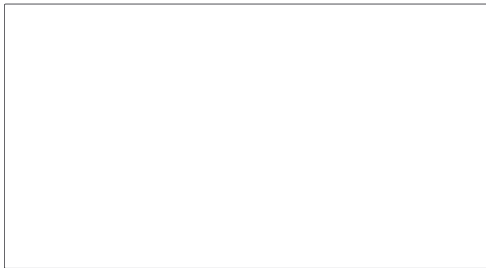
Attend any of our virtual Introductory Sessions for only \$20
Learn this modern, evidence-based fertility awareness method that is used by restorative reproductive OBGYNs + more

HOW TO REDEEM

Scan QR code to register and use promo code
wellnesspassport



**ATTENT INTRO SESSION FOR
ONLY \$20**









WOVN

CREATIVE + COMMUNAL
HEALING *for* MODERN WOMEN

ABOUT

WOVN Wellness is a holistic psychotherapy practice specializing in women's' mental health. WOYN aims to support women on their path to whole person health by offering individual therapy and coaching, therapeutic groups, yoga and community wellness events.

CONTACT INFO

-  wovnwellness.com
-  jennifer@wovnwellness.com
-  [@wovnwellness](https://www.instagram.com/wovnwellness)
-  205.291.3072

WITH YOUR PASSPORT YOU RECEIVE

Group Offering: 75-minute, complimentary restorative yoga class blending reflective journaling, guided meditation, and gentle movement focused on setting intentions and grounding through the seasonal shift on 9/26 at 7 pm at True40 Downtown

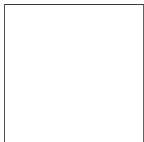
Individual Offering: Exclusive discount on purchase of individual coaching package

HOW TO REDEEM

For individual offerings, email jennifer@wovnwellness.com, call 205.291.3072, or fill out online contact form and mention that you are a Wellness Passport holder. To register for the group offering, scan the QR code.



GROUP OFFERING



INDIVIDUAL OFFERING





FEMALE

FIERCE
FEMALE
FOCUSED

SWEAT.
SELF-CARE.
SAVOR.
SWEAT.
SELF-CARE.
SAVOR.
SWEAT.
SELF-CARE.
SAVOR.
SWEAT.
SELF-CARE.
SAVOR.



ABOUT

Bitty's Living Kitchen is passionate about equipping the community with "plant medicine," which when used regularly, helps reverse disease in the body and improves longevity. We remain passionate about teaching 100% plant-based recipes both virtually and in person. Our goal is to educate our clients on how to harvest healthy habits, reverse their palate, and ultimately heal through food.

CONTACT INFO

-  bittyslivingkitchen.com
-  chef@bittyslivingkitchen.com
-  [@bittyslivingkitchen](https://www.instagram.com/bittyslivingkitchen)
-  205.326.0025

WITH YOUR PASSPORT YOU RECEIVE

20% off all 3-day, 5-day, 7-day, & 10-day juice cleanses

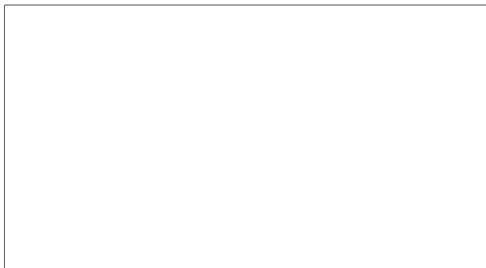


HOW TO REDEEM

Use promo code **WELLNESSPASSPORT24** (scan QR code to purchase).



20% OFF JUICE CLEANSSES





BLUEROOT

ABOUT

At BLUEROOT, we're serving up delightful, delicious, and nutrient-dense food for those on the move -- because we don't think anyone should have to sacrifice quality or nutrition for convenience.

CONTACT INFO

 2829 2nd Ave S. Birmingham, AL 35233

 bluerootco.com

 hello@bluerootco.com

 [@bluerootco](https://www.instagram.com/bluerootco)

 205.502.7000

WITH YOUR PASSPORT YOU RECEIVE

10% off all orders, all the time

\$20 off three-day reset

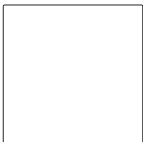
1 free Not Your Mama's Rice Crispy Treat (GF)



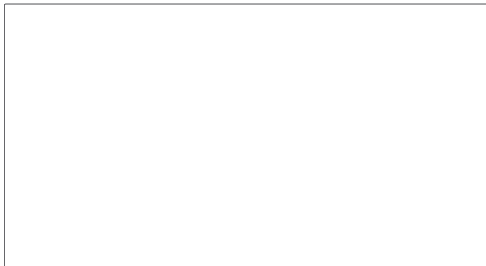
HOW TO REDEEM

Bring your passport in store or use promo code **wellnesspassport24** online. (Free crispy treat available in store only.)

ONE FREE RICE CRISPY TREAT



10% OFF PURCHASES WHILE A PASSPORT HOLDER, \$20 OFF 3-DAY RESET



cala


COFFEE


ABOUT


Our mission at Cala Coffee is to help others Create Good Days. For us, this means starting the day drinking good coffee — we'd like to think the same for you! Our cafe, which houses our roastery, is located in Cahaba Heights and is a great place to meet a friend, work/study, or spend some quality alone time. Additionally, we have a coffee cart, which is available to rent for public & private events.

CONTACT INFO

 3950 Autumn Lane, Vestavia, AL 35243

 calacoffeeco.com

 calacoffeebhm@gmail.com

 [@calacoffeeco](https://www.instagram.com/calacoffeeco)

 205.582.8263

WITH YOUR PASSPORT YOU RECEIVE

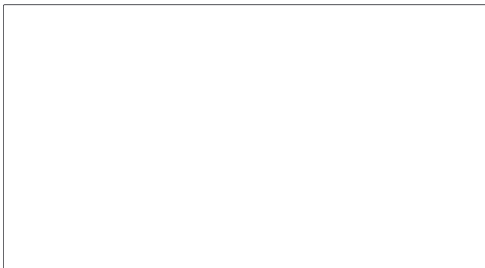
10% off in-store



HOW TO REDEEM

Show your passport at checkout.

10% OFF IN-STORE



Caveat*


ABOUT

Caveat Coffee is a locally owned coffee house nestled in downtown Homewood. Caveat uses high quality beans, homemade syrups, & locally sourced pastries. Come study, work, visit with a friend, or host an event in a stylish and comfortable space.

CONTACT INFO

 2832 Linden Ave, Birmingham, AL 35209

 caveatcoffee.com

 olivia@realandrosemary.com

 [@caveat.coffee](https://www.instagram.com/caveat.coffee)

 205.820.7414

WITH YOUR PASSPORT YOU RECEIVE

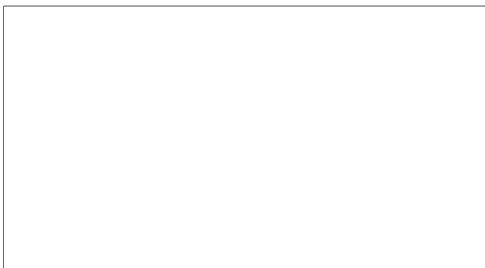
10% off all orders



HOW TO REDEEM

Show Passport in store or use code **wellnesspassport24** online.

**10% OFF ALL ORDERS WHILE
A PASSPORT HOLDER**








Deliciously

ABOUT

Deliciously Mountain Brook is a micro-market featuring a curated collection of feel good food: better-for-you sweets - including our collagen-enhanced marshmallows and live-roasted s'mores - grab-and-go superfood snacks, hard-to-find clean ingredient pantry essentials, and Birmingham's only dedicated non-alcoholic bottle shop.

CONTACT INFO

-  2822 Petticoat Lane, Mountain Brook, Alabama 35223
-  deliciouslybetter.com
-  malissa@deliciouslybetter.com
-  [@deliciouslybetter](https://www.instagram.com/deliciouslybetter)
-  205.291.3145

WITH YOUR PASSPORT YOU RECEIVE

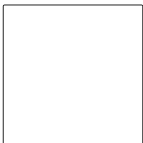
- 1 free live-roasted s'more from our S'moresBar (1 per person)
- 20% off your purchase of any market item



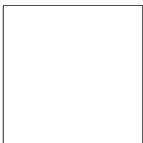
HOW TO REDEEM

Show Passport in store.

**1 FREE
LIVE-ROASTED S'MORE**



**20% OFF ANY
MARKET ITEM**






ABOUT

Fit Five's ready-made meals are a lifeline for busy people who don't want to compromise on healthy eating. Escape the struggles of meal prepping, expensive takeout lunches, or stressful weeknight dinners – with Fit Five you can have delicious nutrition that is quick and affordable!

CONTACT INFO

 1841 Montgomery Hwy #101, Hoover, AL 35244

 [fitfivemeals.com](https://www.fitfivemeals.com)

 info@fitfivemeals.com

 [@fitfivemeals](https://www.instagram.com/fitfivemeals)

 205.847.0848

WITH YOUR PASSPORT YOU RECEIVE

15% off all orders



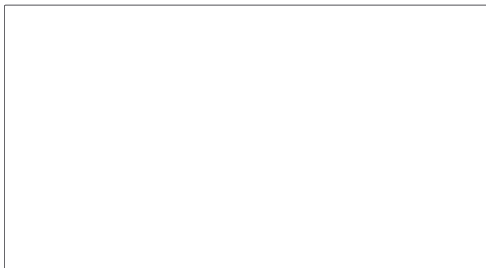
HOW TO REDEEM

Use code **PASSPORT15** online.

*Fit Five offers home delivery and free pickup all across town at local gyms and nutrition stores. Order every Wednesday by midnight at www.fitfivemeals.com for Monday pickup.



**15% OFF ALL ORDERS WHILE
A PASSPORT HOLDER**



JUNE

ABOUT

Nestled in the heart of Birmingham, AL, June Coffee is a charming retail coffee bar in the perfect spot for a cozy coffee date or a productive work session. With its inviting atmosphere and delicious brews, June is the ideal place to relax, connect, and get things done.

CONTACT INFO

 213 25th St N, Birmingham, AL 35203

 junecoffee.co

 jimmy@junecoffee.co

 [@junecoffeeco](https://www.instagram.com/junecoffeeco)

WITH YOUR PASSPORT YOU RECEIVE

10% Off Beverages

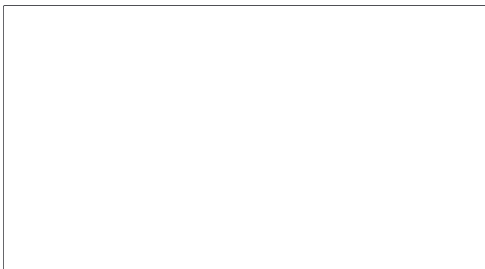
5% Off Retail In-Store Only



HOW TO REDEEM

Show your Passport in store.

**10% OFF BEVERAGES &
5% OFF RETAIL**





ABOUT

Kale Me Crazy is a super food café. We offer smoothies, salads, juices and wraps in a sleek, upscale environment.

We are here to support your healthy life style thorough the use of fresh, organic and raw foods.

CONTACT INFO

 1831 28th Ave. S Ste. 106 Homewood, AL 35209

 kalemecrazyhomewood.net

 homewood@kalemecrazy.net

 [@kalemecrazyhomewood](https://www.instagram.com/kalemecrazyhomewood)

 205.593.4707

WITH YOUR PASSPORT YOU RECEIVE

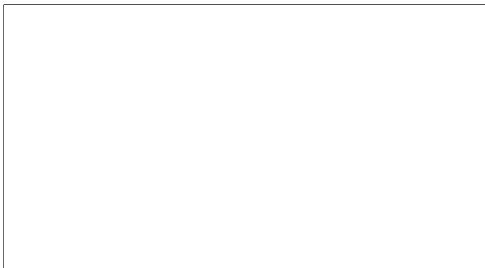
10% off purchases in-store only



HOW TO REDEEM

Show your Passport in store.

**10% OFF PURCHASES IN-
STORE ONLY**








MAGIC CITY

NUTRITION

ABOUT

Magic City Nutrition is Birmingham's favorite healthy hangout spot located in the heart of downtown Birmingham! We offer protein shakes, energy teas, and baked goods that taste amazing and guilt free!

CONTACT INFO

-  2201 2nd Ave S, Birmingham, AL 35233
-  magiccitynutrition.square.site
-  mcnutritionbham@gmail.com
-  @magiccity_bham
-  205.977.0838

WITH YOUR PASSPORT YOU RECEIVE

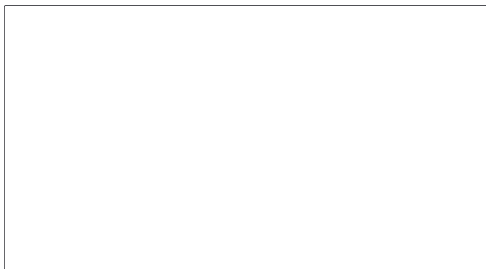
50% off shake and tea combo



HOW TO REDEEM

Purchase in store. Show your Passport, post and tag us on IG story or feed post and we will apply the discount.

**50% OFF SHAKE AND
TEA COMBO**





ABOUT

Exceptional coffee crafter with patient respect for land and labor. Partnered with coffee growers from around the globe to bring you unique flavors paired with excellent service.

CONTACT INFO

 420 20th St N Suite 125, Birmingham, AL 35203

 prevailcoffee.co

 bhm@prevailroasters.com

 [@prevailcoffee](https://www.instagram.com/prevailcoffee)

 205.649.0947

WITH YOUR PASSPORT YOU RECEIVE

One free cup of coffee / iced coffee OR 50% off an espresso based drink (macchiato, cortado, cappuccino, latte, iced latte, etc)

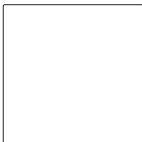
25% off one retail coffee



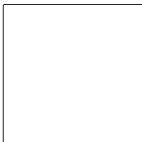
HOW TO REDEEM

Show your Passport in store.

ONE FREE COFFEE OR 50% OFF ESPRESSO DRINK



25% OFF ONE RETAIL COFFEE










REAL & ROSEMARY

ABOUT

Real & Rosemary is fresh food with zero preservatives and zero dyes. We like to say it's Real Food for Real Life. There are a wide range of salads, sandwiches, and entree plates that accommodate allergies and various diets.

CONTACT INFO

-  Birmingham, Homewood & Mountain Brook Locations
-  realandrosemary.com
-  info@realandrosemary.com
-  [@realandrosemary](https://www.instagram.com/realandrosemary)
-  205.820.7100

WITH YOUR PASSPORT YOU RECEIVE

10% off all orders

Use your Passport for dine-in or to-go orders at any of our 3 locations!

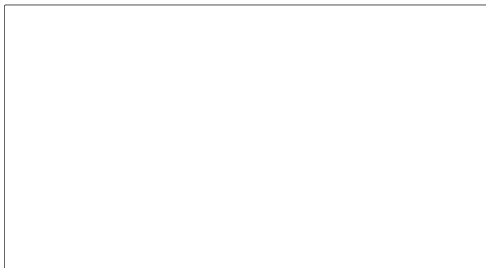


HOW TO REDEEM

Show your Passport to a team member if ordering in store or use code **wellnesspassport24** online (scan QR code).



**10% OFF PURCHASES WHILE
A PASSPORT HOLDER**





ABOUT

Square 1 Nutrition offers a wide of range of loaded teas, meal replacement shakes, protein coffees, beauty teas and more! Low calories, high protein, biotin, collagen, caffeine and hydration, we have it all!

CONTACT INFO

📍 5291 Valleydale Rd, Birmingham, AL 35242

✉ square1nutrition2023@gmail.com

📷 @square_1_nutrition

☎ 205.834.5107

WITH YOUR PASSPORT YOU RECEIVE

10% off purchases every Monday

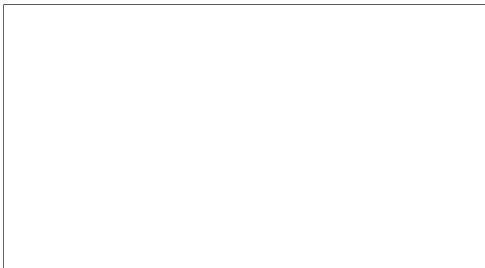
1 free add-on



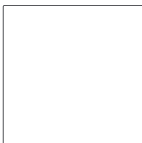
HOW TO REDEEM

Show your Passport to a team member if ordering in store or use promo code **wellnesspassport24** online.

10% OFF PURCHASES EVERY MONDAY



1 FREE ADD-ON





ABOUT

Love to cook? Fueling your body with fully organic, locally grown goods has never been easier. till features fully organic protein, produce & pantry items from the same Alabama farmers featured at your go to farmers market, but makes it easy with online ordering + delivery,

Create your custom, farm-fresh order with as much or as little as you please, and maximize freshness, flavor & nutrition within your diet at usetill.com.

CONTACT INFO



usetill.com



howdytill@usetill.com



@usetillsocial

WITH YOUR PASSPORT YOU RECEIVE

15% Off Your First Order + a homemade bone broth kit

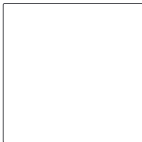


HOW TO REDEEM

Use code **wellnesspassport24** when checking out online.

*Please note we are away on fall break at the start of this passport season, but we will be back and ready to serve you starting Sept 15th- so come check out the freshest fall goods at usetill.com.

15% OFF YOUR FIRST ORDER



CONTACT US

hello@the-wellnesspassport.com
@the_wellnesspassport

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