

SWEAT AND TONIC

EVENT PACKAGE

PRIVATE EVENTS & CELEBRATIONS · NETWORKING · PRIVATE CLASSES · CORPORATE MEETINGS · TEAM BUILDING



S&T

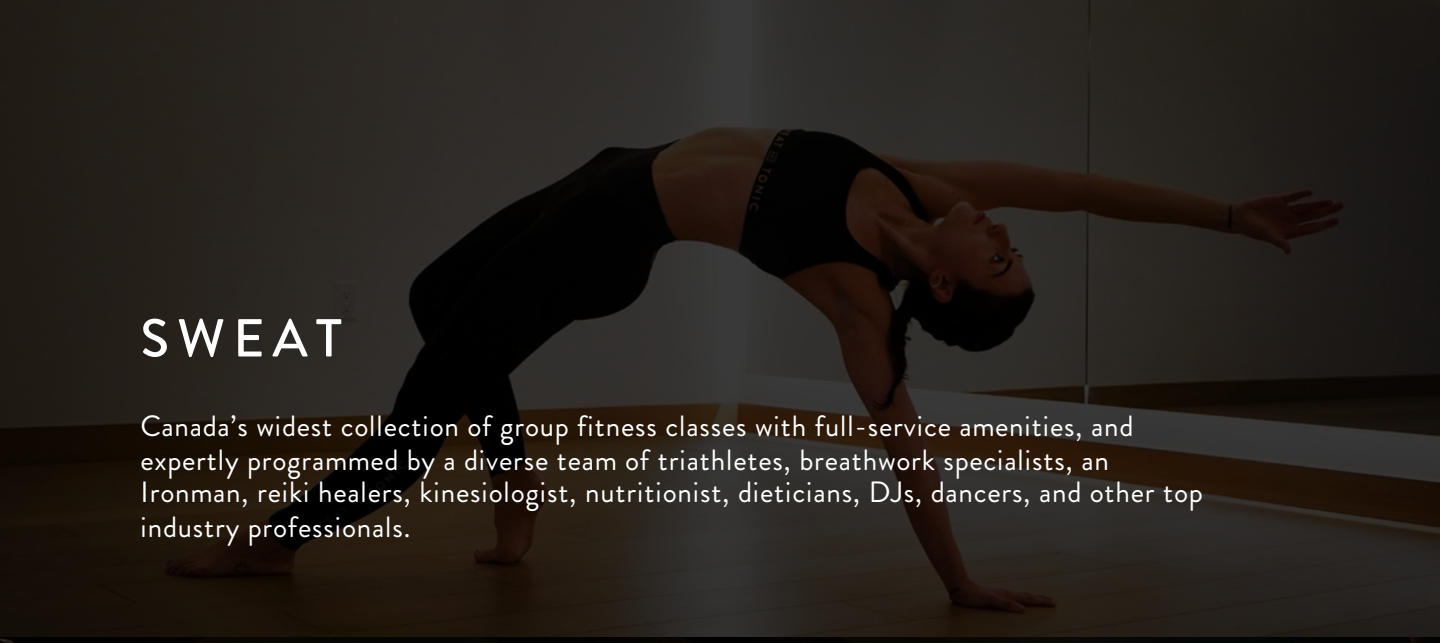
THE BEST OF BOUTIQUE FITNESS & WELLNESS UNDER ONE ROOF

SWEAT. RECOVER. CONNECT.
We offer the widest collection of expertly programmed yoga, Pilates, HIIT, and indoor cycling group fitness classes, all under one roof.

With premium event spaces, spa facilities, café, and bar offerings, guests can recharge, recover, and reignite.

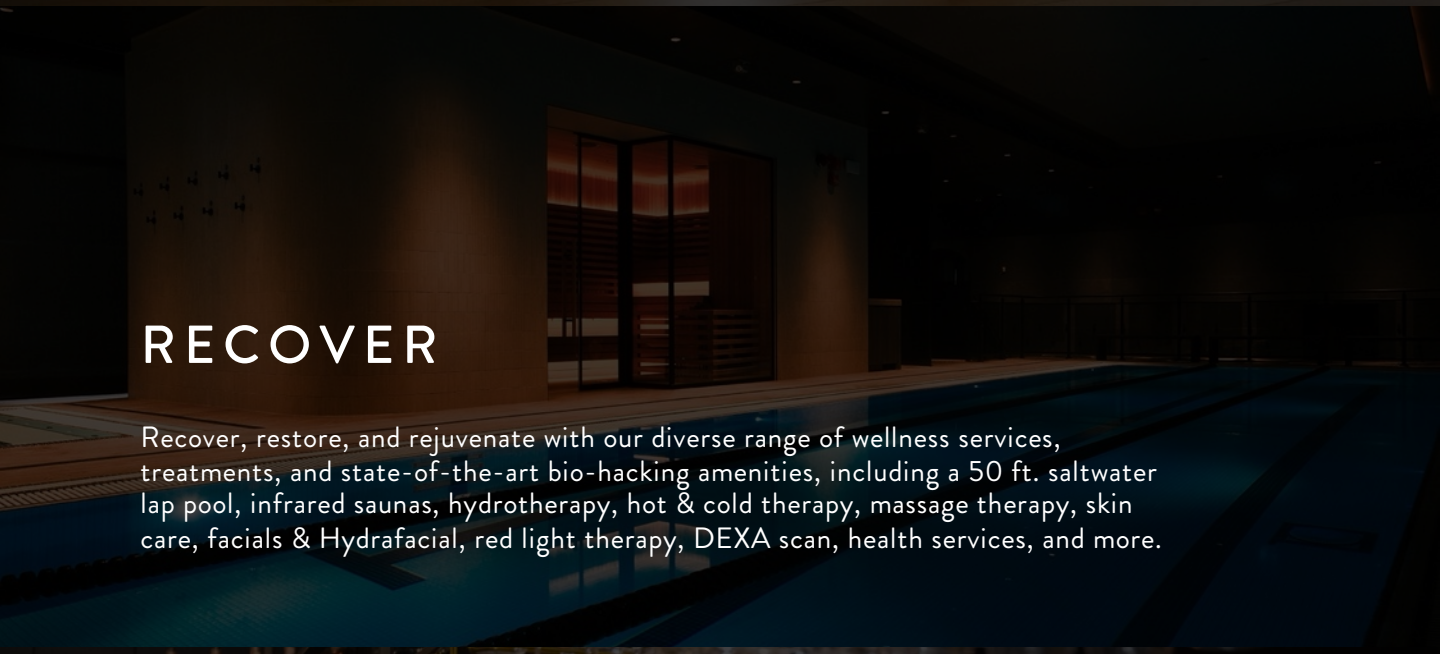
Tonic House, our multi-functional lounge, workspace, and event venue, inspires social connection, collaboration and innovation.

Relax and rejuvenate in Tonic Spa, our luxury wellness and recovery hub that combines traditional high touch services with high-tech amenities.



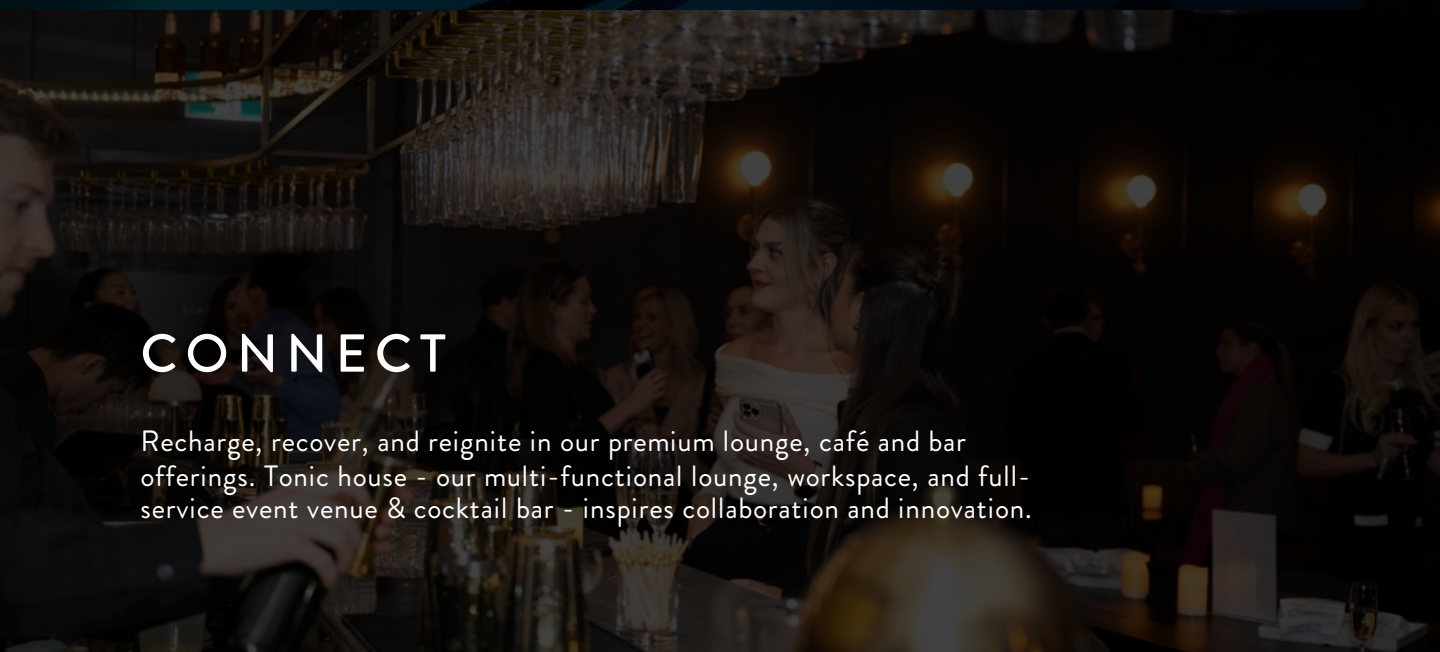
SWEAT

Canada's widest collection of group fitness classes with full-service amenities, and expertly programmed by a diverse team of triathletes, breathwork specialists, an Ironman, reiki healers, kinesiologist, nutritionist, dieticians, DJs, dancers, and other top industry professionals.



RECOVER

Recover, restore, and rejuvenate with our diverse range of wellness services, treatments, and state-of-the-art bio-hacking amenities, including a 50 ft. saltwater lap pool, infrared saunas, hydrotherapy, hot & cold therapy, massage therapy, skin care, facials & Hydrafacial, red light therapy, DEXA scan, health services, and more.



CONNECT

Recharge, recover, and reignite in our premium lounge, café and bar offerings. Tonic house - our multi-functional lounge, workspace, and full-service event venue & cocktail bar - inspires collaboration and innovation.

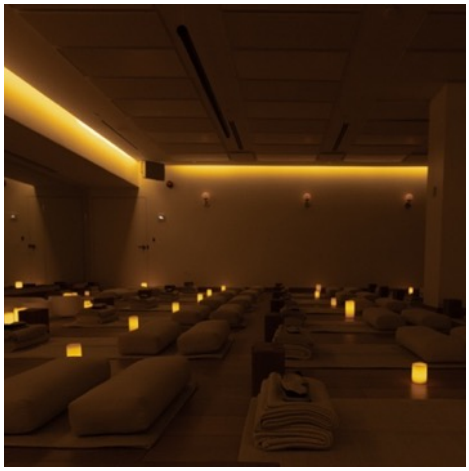
PRIVATE CLASSES | YONGE / SHUTER

225 YONGE STREET



RIDE

STUDIO CAPACITY: 60



YOGA & PILATES

STUDIO CAPACITY: 50



HIIT

STUDIO CAPACITY: 48

PEAK (ON SCHEDULE) PRIVATE CLASS | **$3,400**

Class occurring during a time that displaces an existing class on our schedule

NON-PEAK (OFF SCHEDULE) PRIVATE CLASS | **$1,500**

Class occurring during a time that does not displace an existing class on our schedule

SEMI-PRIVATE CLASS | **$39 / PERSON**

Priority reservation in an existing class on our schedule, prior to public release.
Maximum 25 people.

EXPLORE OUR STUDIOS:
SWEATANDTONIC.COM/PAGES/CLASSES

PRIVATE CLASSES | FRONT / SPADINA

486 FRONT STREET W (THE WELL)



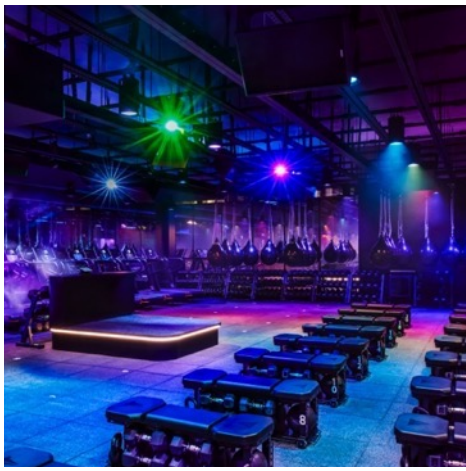
RIDE

STUDIO CAPACITY: 60



YOGA & PILATES

STUDIO CAPACITY: 60



HIIT

STUDIO CAPACITY: 60

PEAK (ON SCHEDULE) PRIVATE CLASS | **$3,700**

Class occurring during a time that displaces an existing class on our schedule

NON-PEAK (OFF SCHEDULE) PRIVATE CLASS | **$1,800**

Class occurring during a time that does not displace an existing class on our schedule

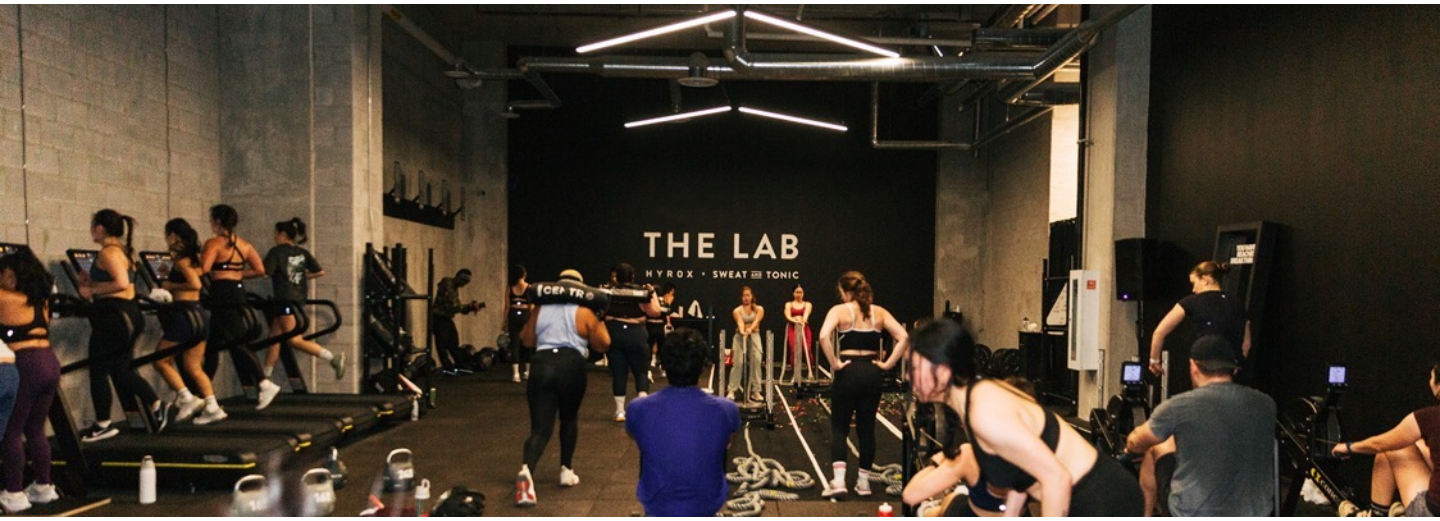
SEMI-PRIVATE CLASS | **$39 / PERSON**

Priority reservation in an existing class on our schedule, prior to public release.
Maximum 25 people.

EXPLORE OUR STUDIOS:
SWEATANDTONIC.COM/PAGES/CLASSES

PRIVATE CLASSES | THE LAB

486 FRONT STREET W (THE WELL)



HYROX TRAINING

STUDIO CAPACITY: 36

PEAK (ON SCHEDULE) PRIVATE CLASS | **$2,500**

Class occurring during a time that displaces an existing class on our schedule

NON-PEAK (OFF SCHEDULE) PRIVATE CLASS | **$1,200**

Class occurring during a time that does not displace an existing class on our schedule

SEMI-PRIVATE CLASS | **$39 / PERSON**

Priority reservation in an existing class on our schedule, prior to public release.
Maximum 25 people.

EXPLORE OUR STUDIO:
REFORMD.COM

PRIVATE CLASSES | REFORMD

486 FRONT STREET W (THE WELL)



LAGREE MEGAFORMER STUDIO
STUDIO CAPACITY: 30

PEAK (ON SCHEDULE) PRIVATE CLASS – MAIN STUDIO | **$3,100**
Class occurring during a time that displaces an existing class on our schedule

NON-PEAK (OFF SCHEDULE) PRIVATE CLASS – MAIN STUDIO | **$1,000**
Class occurring during a time that does not displace an existing class on our schedule

PRIVATE CLASS – PRIVATE STUDIO | **$130 / PERSON**
Private one-on-one training

PRIVATE CLASS FOR TWO – PRIVATE STUDIO | **$170 / PERSON**
Private training for two ($85 per person)

EXPLORE OUR STUDIO:
REFORMD.COM

TONIC HOUSE | YONGE / SHUTER

225 YONGE STREET



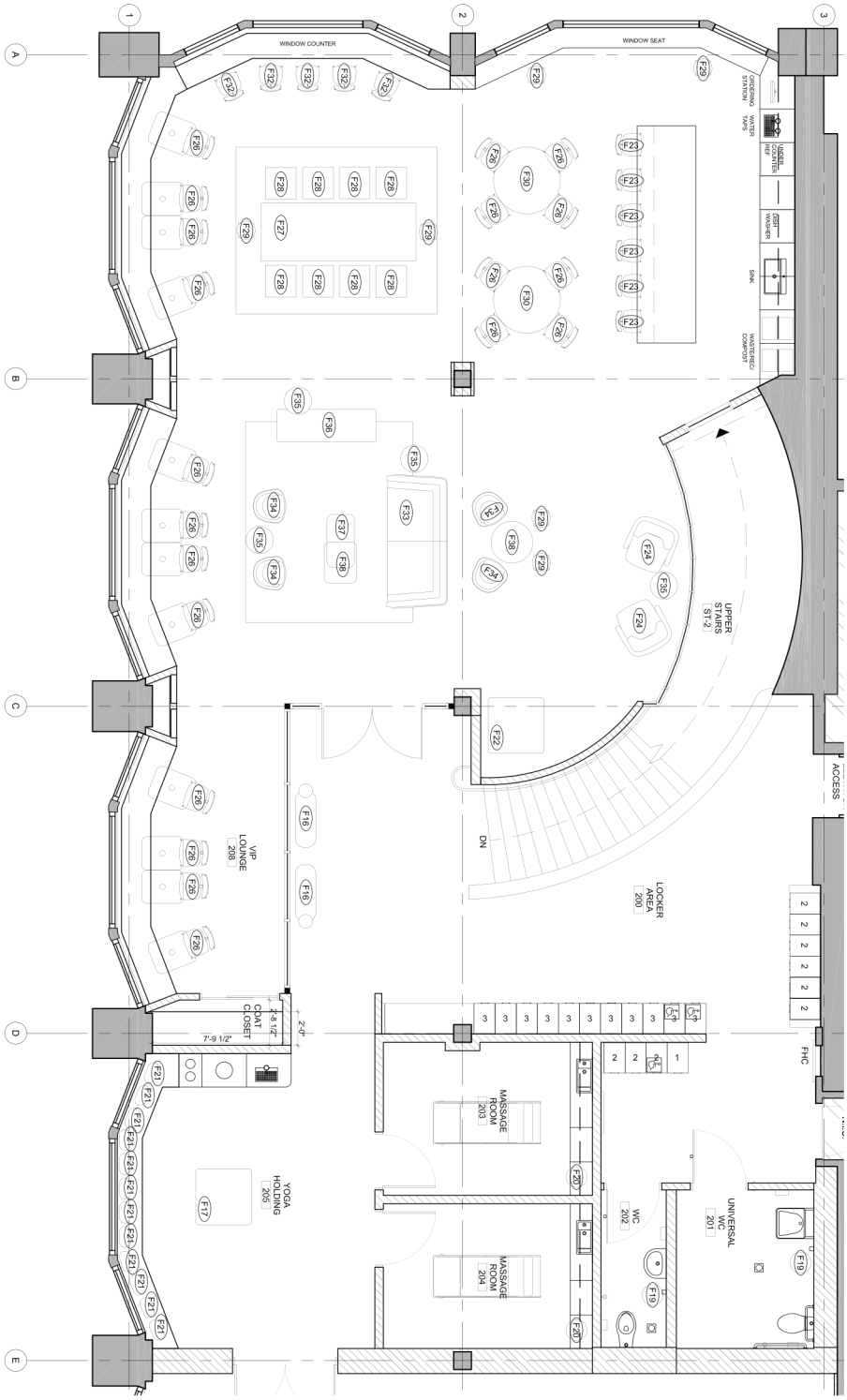
CAPACITY:
50 (SEATED) - 100 (STANDING)

VENUE RENTAL | **$500 / HOUR (2-hour minimum)**
CLEANING FEE | **$150**
FURNITURE REARRANGEMENT | **$300**
AUDIO / VISUAL | **$150 (incl. microphone, projector, speakers)**
LIVE DJ + EQUIPMENT | **$250**
VENUE COORDINATOR | **$300***
ADDITIONAL EVENT STAFFING | **$50 / HOUR**

*Additional $50/hour after 6 hours

TONIC HOUSE | YONGE / SHUTER

225 YONGE STREET



TONIC HOUSE | FRONT / SPADINA

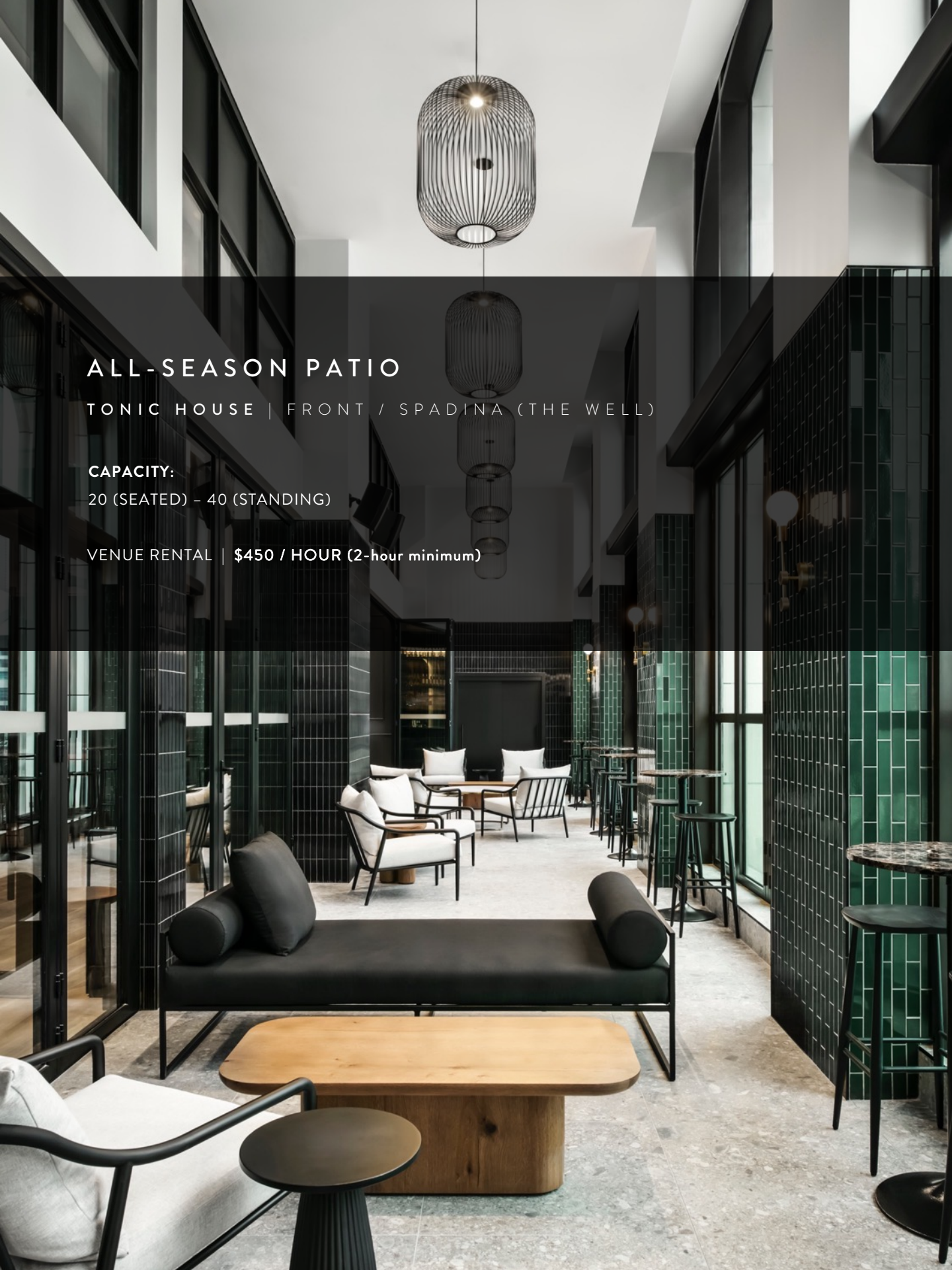
486 FRONT STREET W (THE WELL)



CAPACITY:
118 (SEATED) - 170 (STANDING)

VENUE RENTAL | **$700 / HOUR (2-hour minimum)**
CLEANING FEE | **$150***
FURNITURE REARRANGEMENT | **$300**
AUDIO / VISUAL | **$150 (incl. microphone, projector, speakers)**
LIVE DJ + EQUIPMENT | **$250**
VENUE COORDINATOR | **$300***
ADDITIONAL EVENT STAFFING | **$50 / HOUR**

*Additional $50/hour after 6 hours



ALL-SEASON PATIO

TONIC HOUSE | FRONT / SPADINA (THE WELL)

CAPACITY:
20 (SEATED) – 40 (STANDING)

VENUE RENTAL | **$450 / HOUR (2-hour minimum)**

PRIVATE MEETING ROOMS

TONIC HOUSE | FRONT / SPADINA (THE WELL)



MEETING ROOM NORTH

CAPACITY: 6 (SEATED)

RENTAL | **$30 / HOUR**



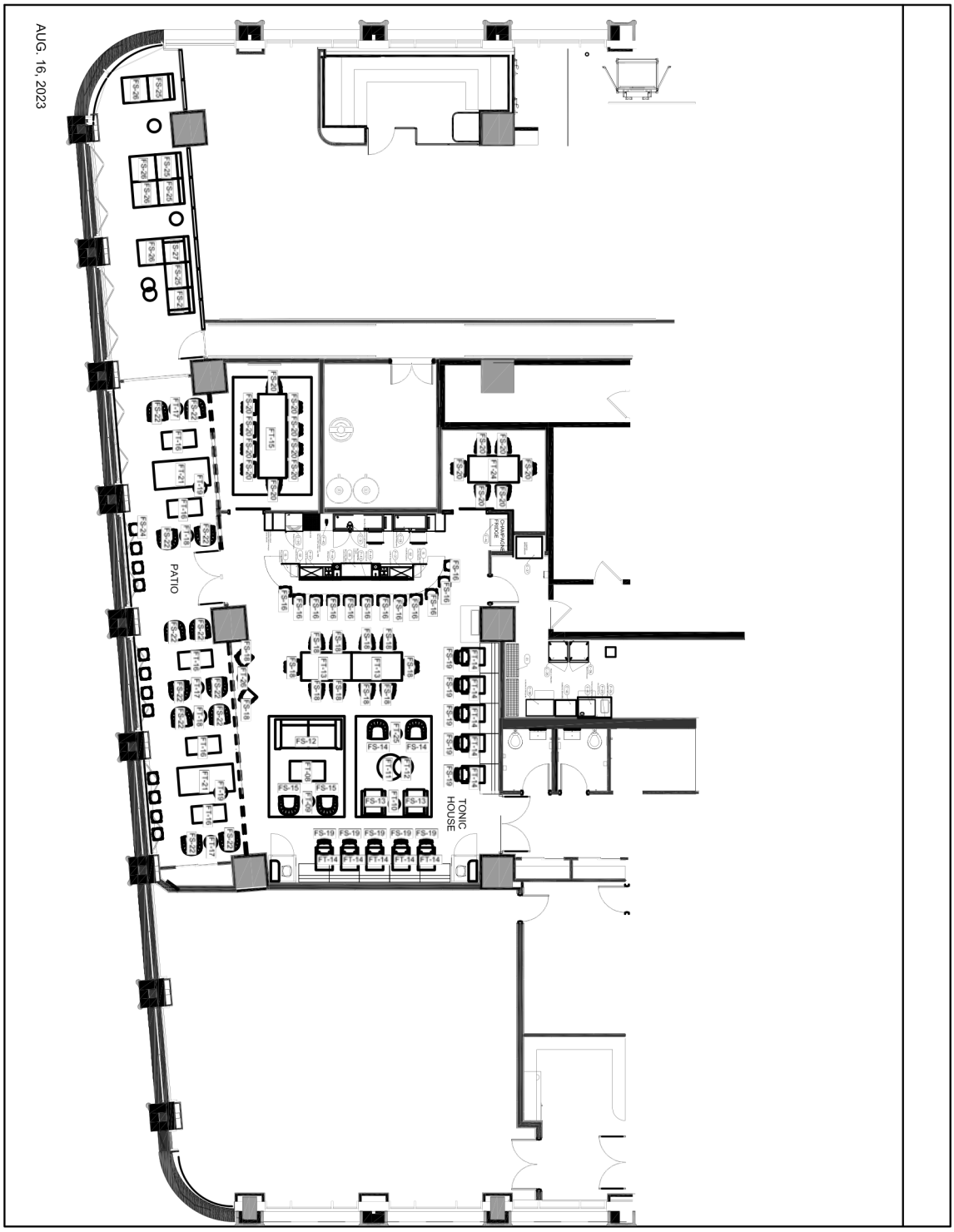
MEETING ROOM SOUTH

CAPACITY: 10 (SEATED)

RENTAL | **$50 / HOUR**

TONIC HOUSE | FRONT / SPADINA

486 FRONT STREET W (THE WELL)



POOL DECK | FRONT / SPADINA

486 FRONT STREET W (THE WELL)



CAPACITY:

20 – 40 (FREE FLOW)

POOL DECK VENUE RENTAL | **$1,350 / HOUR (2-hour minimum)**
(incl. 50 ft. lap pool, sauna, hot tub, cold plunge showers; excludes pool patio)

ALL-SEASON POOL PATIO VENUE RENTAL | **$300 / HOUR (2-hour minimum)**

CLEANING FEE | **$150***

LIVE DJ + EQUIPMENT | **$250**

VENUE COORDINATOR | **$300***

ADDITIONAL EVENT STAFFING | **$50 / HOUR**

*Additional $50/hour after 6 hours

PRIVATE HOT/COLD SUITE | FRONT / SPADINA

486 FRONT STREET W (THE WELL)



CAPACITY:

4 (PRIVATE SUITE)

PRIVATE HOT/COLD SUITE RENTAL | **$200 / HOUR (1-hour minimum)**

*Additional fee will apply if additional time for set-up / tear-down is required.

TONIC SPA BUY-OUT | FRONT / SPADINA

486 FRONT STREET W (THE WELL)

CAPACITY:

5 x Massage therapy rooms

1 x Facial treatment room

1 x Physiotherapy / chiropractic care

1 x Private hot/cold therapy suite

1 x Red light therapy bed

1 x Lymphatic compression therapy

1 x DEXA body composition scan

Includes access to tea lounge, pool deck & all-season patio

CONTACT US TO BOOK YOUR BESPOKE GROUP WELLNESS EXPERIENCE





HOLIDAY SEASON AT S&T

YOUR DREAM **CELEBRATION**

MAKE YOUR HOLIDAY PARTY UNFORGETTABLE IN OUR PREMIUM EVENT VENUE WITH FULL-SERVICE AMENITIES, CATERING, BEVERAGE SERVICES AND MORE.

TONIC HOUSE | **BAR SERVICE**

CUSTOM CRAFTED MENU

DRINK TICKETS | **$15 PER TICKET**

PAY PER CONSUMPTION | **ONE TOTAL BILLED AT EVENT END**

CASH BAR | **EACH GUEST COVERS OWN COST**



CATERING | TONIC BAR BY S&T

SMOOTHIES · JUICES & BOOSTERS · COFFEE & TEA
TOASTS · PUDDINGS & OATS · BAKERY BITES



Refresh and refuel with our delicious smoothies, juices, boosters, bowls, sandwiches, coffee, and more. Our healthy bites power you through your workday, energize you through your workouts, and nourish your post-sweat recovery.

VIEW OUR MENU →


CATERING | PANTRY BY FOOD DUDES
FOOD
DUDES


CATERING | OLIVER & BONACINI
gather
BY O&B

CATERING | HIGHBELL HOSPITALITY



DROP & GO MENU →

CATERING MENU →

CATERING | DANIEL ET DANIEL



SWEAT AND TONIC

GET IN TOUCH

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