



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.

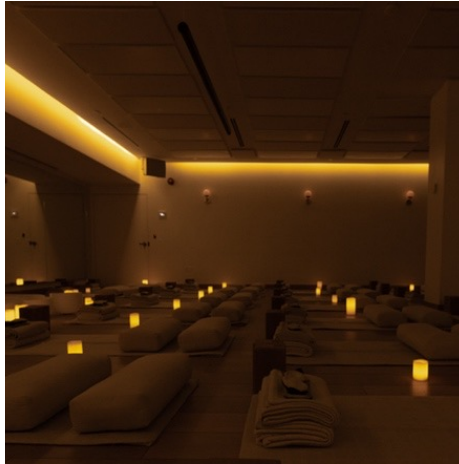
PRIVATE CLASSES | YONGE / SHUTER

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 directly displaces an existing class on our schedule

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

Class occurring during a time that does not disrupt our existing public class 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](https://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 directly displaces an existing class on our schedule

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

Class occurring during a time that does not disrupt our existing public class 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](https://www.sweatandtonic.com/pages/classes)

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 directly 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 disrupt our existing public class 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**

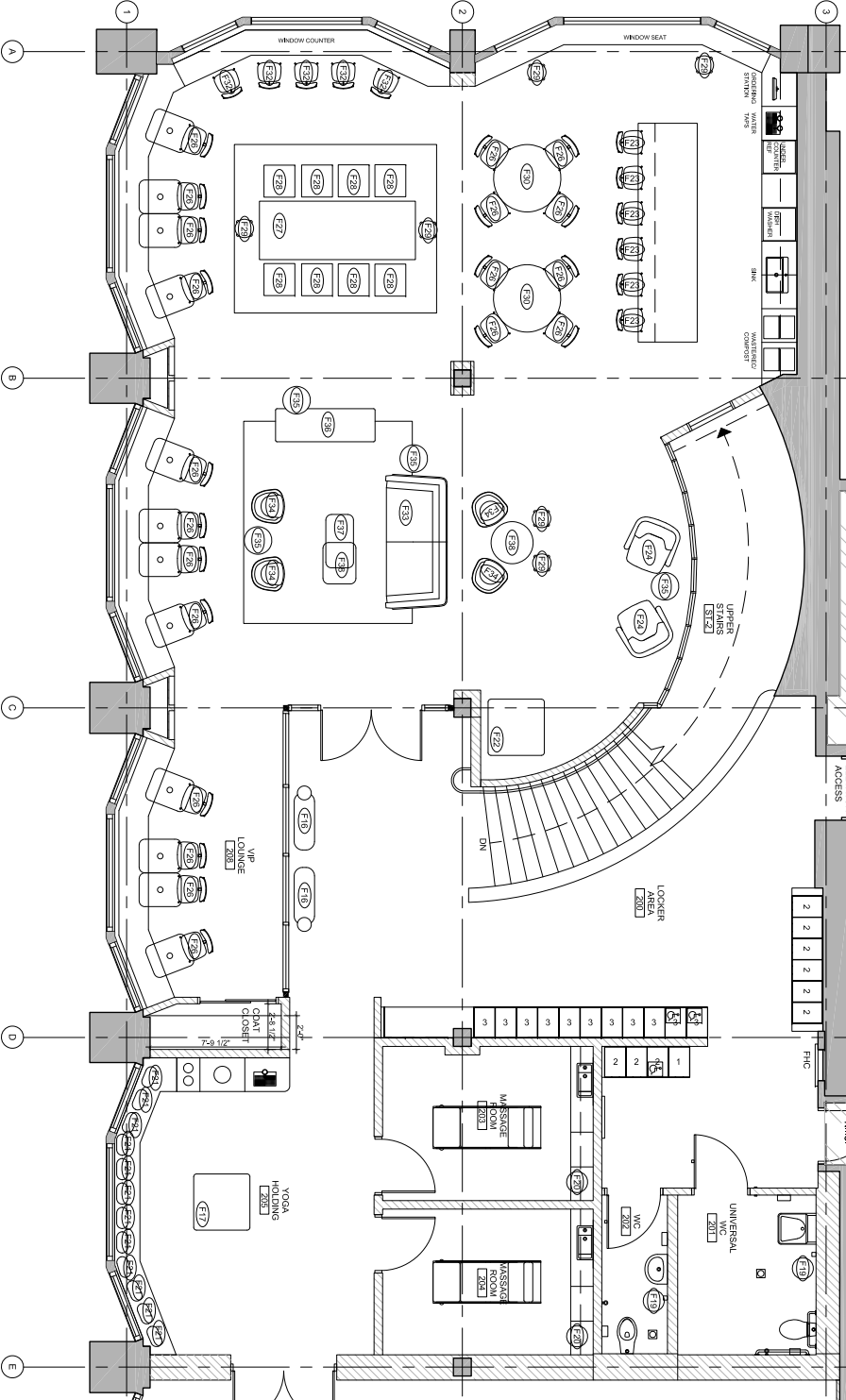
VENUE COORDINATOR | **\$300***

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 (1-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)

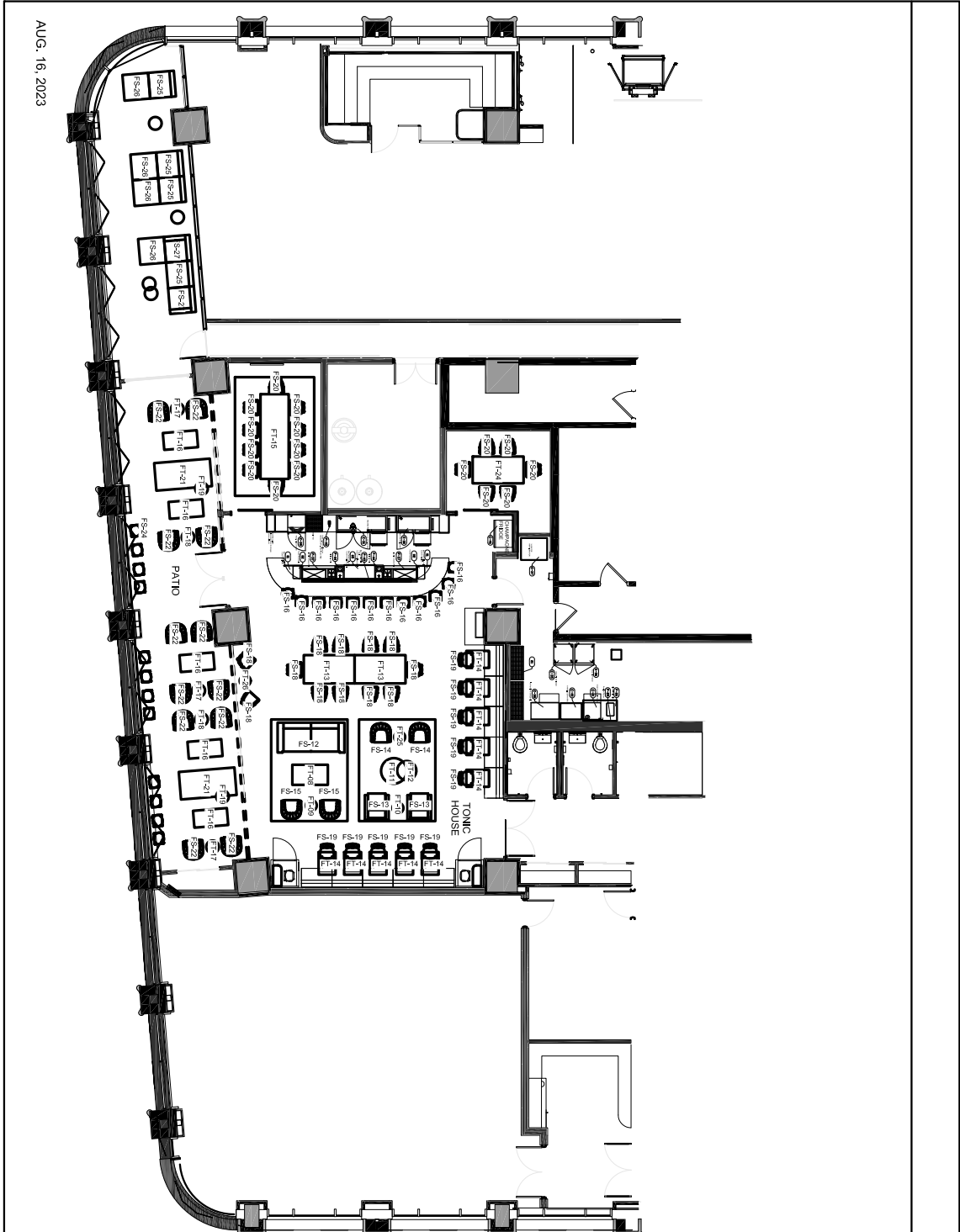
RENTAL | \$50 / HOUR




TONIC HOUSE | FRONT / SPADINA

486 FRONT STREET W (THE WELL)

AUG. 16, 2023



A group of people at a bar celebrating with drinks raised in a toast. The background shows a well-stocked bar with various bottles of liquor on shelves. The lighting is warm and ambient, creating a festive atmosphere. The people are in the foreground, their hands and glasses reaching up towards the center of the frame.

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 | \$14 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 | Highbell Hospitality



Highbell

DROP & GO MENU →

CATERING MENU →

CATERING | PROVISIONS FOOD COMPANY



Provisions

SWEAT AND TONIC

GET IN TOUCH

SALESANDEVENTS@SWEATANDTONIC.COM



SWEATANDTONIC.COM