

On-Site Stretch Therapy for Your *Workplace*

Bring a restorative, hands-on wellness day to your office. I come to you, set up everything, and give each employee a private assisted stretch — a reset that sends them back to their desks looser, calmer, and more focused.

WHAT IT DOES FOR YOUR TEAM



Undo desk posture

Targeted stretching for the tight hips, shoulders, and necks that build up at a screen.



Lower stress on the spot

A hands-on reset that calms the nervous system and eases built-up tension.



Re-energize the team

A mid-day movement break that leaves people feeling cared for, not drained.



Show you invest in people

A visible, memorable perk that signals your culture takes wellbeing seriously.

HOW A DAY WORKS

- 1 Tell me your day**
Share your group size, space, and dates. I confirm a half- or full-day plan that fits.
- 2 I bring everything**
Professional stretch table, equipment, sign-up sheet, flyer, and waivers. Your team only shares the sign-up.
- 3 Your people stretch**
Private 25-minute one-on-one sessions through the day — no group class, no gym clothes required.

EVERYTHING'S HANDLED

- ✓ On-site setup & breakdown, start to finish
- ✓ Professional stretch table & all equipment
- ✓ Flyer, sign-up sheet & liability waivers
- ✓ Aftercare guidance each person keeps
- ✓ Flat day rate, invoiced — no per-head math



YOUR PROVIDER — JOEL AUMAKUA

A U.S. Navy veteran with a background in sports and exercise science, focused on biomechanics and mobility. Every session is one-on-one and tailored to the individual — adaptable to any age, body, or fitness level. Serving Tampa Bay since 2024.

SIMPLE, FLAT-RATE PRICING

ONE-TIME DAY

\$900 / full

\$500 half-day · up to 16 private sessions on a full day.

MOST POPULAR

RECURRING PROGRAM

\$750 / day

Monthly or quarterly. Reduced rate, priority scheduling, monthly invoicing.

ENTERPRISE

Custom

Multiple locations or large teams — tell me the scope for a quote.

Half-day = up to 8 sessions · Full day = up to 16 · 25 minutes each · 50% deposit reserves your date.

Bring a wellness day to your team.

Request information or a quote — I reply within 24 hours.

(727) 666-0384

jvaumakua@gmail.com

joelaumakua.com/corporate-wellness

Serving Pinellas · Hillsborough · Pasco · Manatee