



SWEAT AND TONIC

EVENT PACKAGE

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



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 – over 425 Yoga, Pilates, HIIT & Ride classes weekly, 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, Hydrafacial, cryotherapy, red light therapy, DEXA scan, IV therapy, and more.

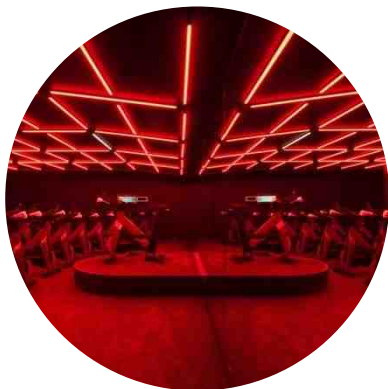


CONNECT

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.

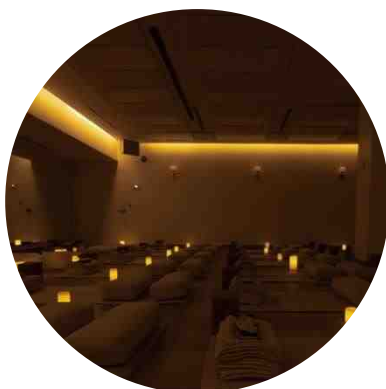
PRIVATE CLASSES | YONGE / SHUTER

225 YONGE STREET



RIDE

STUDIO CAPACITY: 60



YOGA & PILATES

STUDIO CAPACITY: 50



HIIT

STUDIO CAPACITY: 48

PEAK (ON SCHEDULE) PRIVATE CLASS | **\$3,000**

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 | **\$37 / 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: 75



YOGA & PILATES

STUDIO CAPACITY: 60



HIIT

STUDIO CAPACITY: 60

PEAK (ON SCHEDULE) PRIVATE CLASS | **\$3,600**

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 | **\$37 / 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)

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 | **\$200**

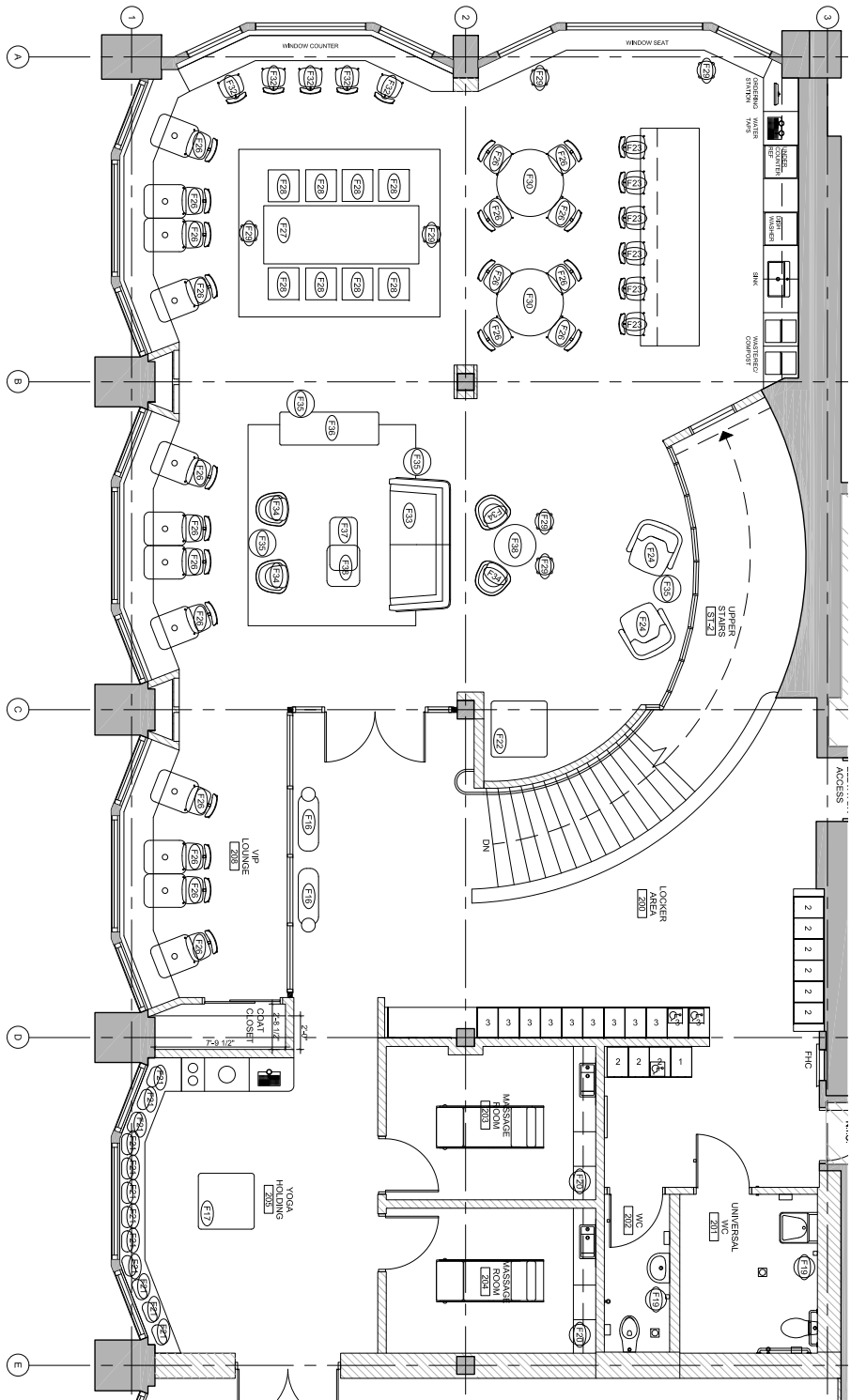
VENUE COORDINATOR | **\$300***

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

*Additional \$50/hour after 6 hours

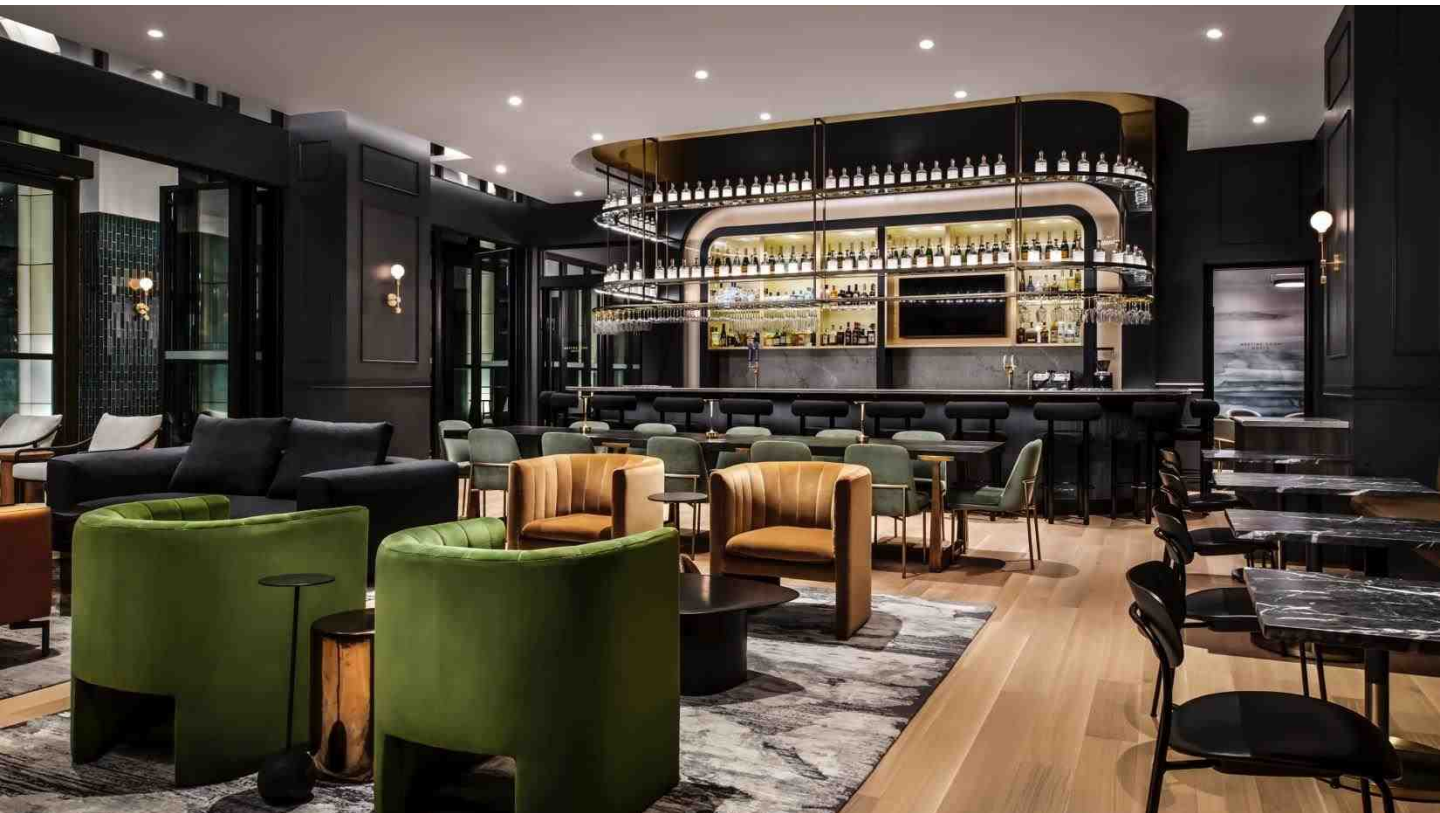
TONIC HOUSE | YONGE / SHUTER

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 | **\$200**

VENUE COORDINATOR | **\$300***

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

*Additional \$50/hour after 6 hours



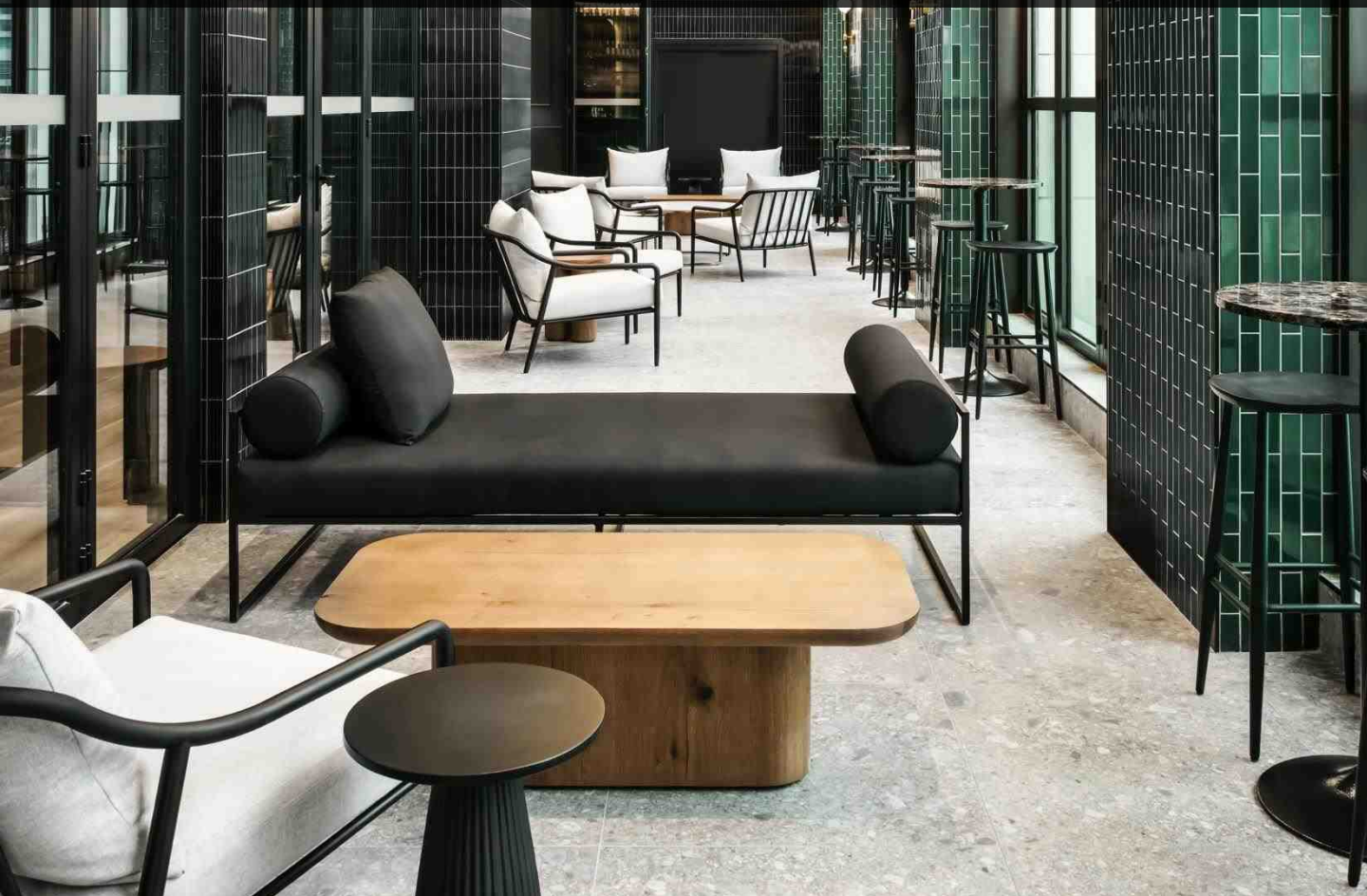
ALL-SEASON PATIO

TONIC HOUSE | FRONT / SPADINA (THE WELL)

CAPACITY:

20 (SEATED) – 40 (STANDING)

VENUE RENTAL | \$250 / 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)

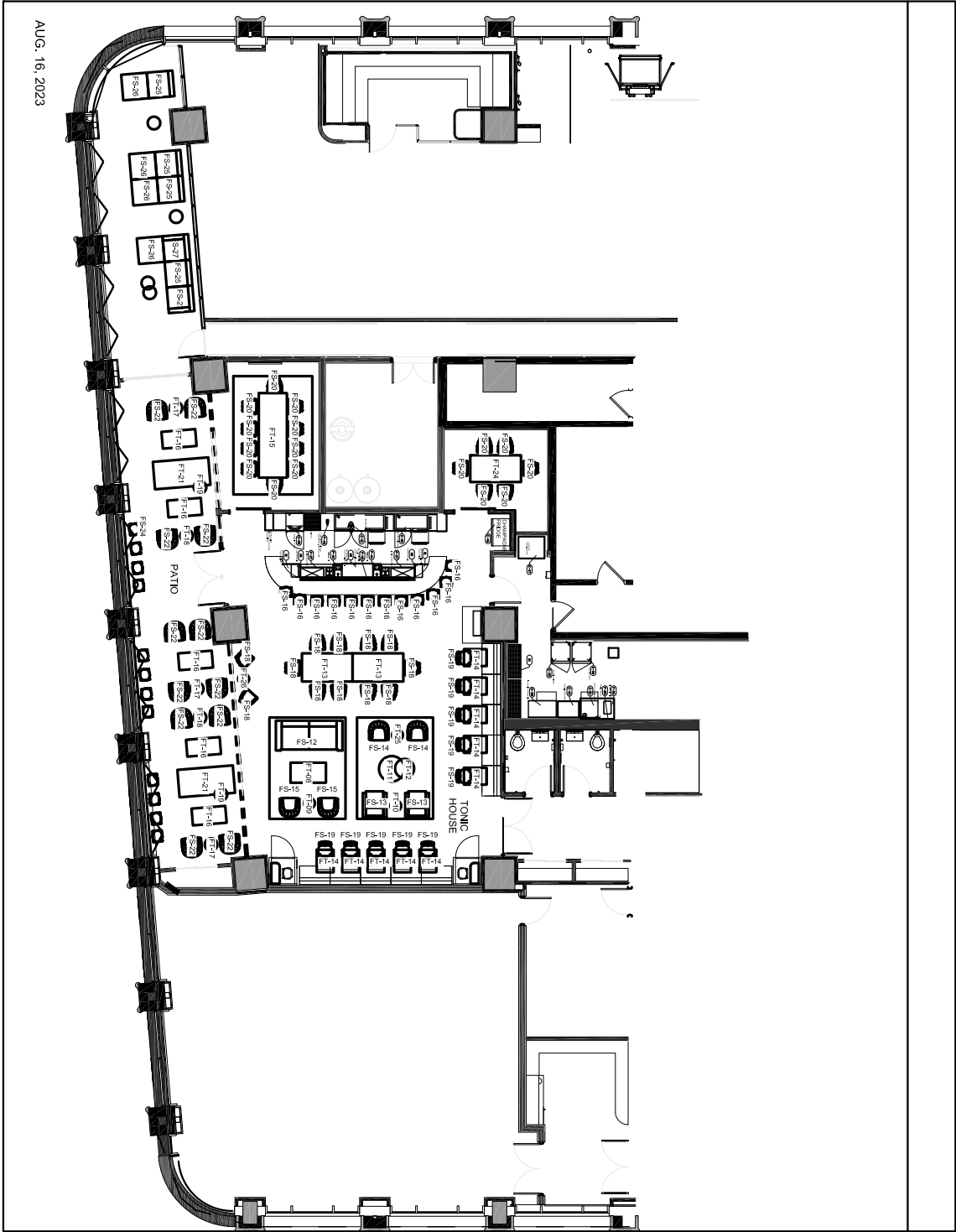
RENTAL | \$50 / HOUR



TONIC HOUSE | FRONT / SPADINA

486 FRONT STREET W (THE WELL)

AUG. 16, 2023



TONIC HOUSE | BAR SERVICE

DRINK TICKETS | \$14 PER TICKET

PAY PER CONSUMPTION | ONE TOTAL BILLED AT EVENT END

CASH BAR | EACH GUEST COVERS OWN COST

COCKTAILS

Available as zero-proof

STRAWBERRY ROSE 15

Rose gin, rosé, strawberry, guava, lemon, grapefruit, whey

HUGO SPRITZ 15

Elderflower liqueur, sparkling wine, Perrier, mint

PASSION MARGARITA 15

Tequila, orange, passionfruit, Tajin, Thai chilli

SUMMERTIME SOUR 14

Vodka, sherry, Earl Grey, cucumber, egg white

S&T G&T 12

Local gin, citrus, bitters, tonic

WINE 12

RED

19 Crimes Pinot Noir

Submission Cabernet Sauvignon

WHITE

Family Tree Chardonnay

Bollini Pinot Grigio

SPARKLING

Mionetto Prosecco

BEER 8

Something in the Water Moonlight Lager

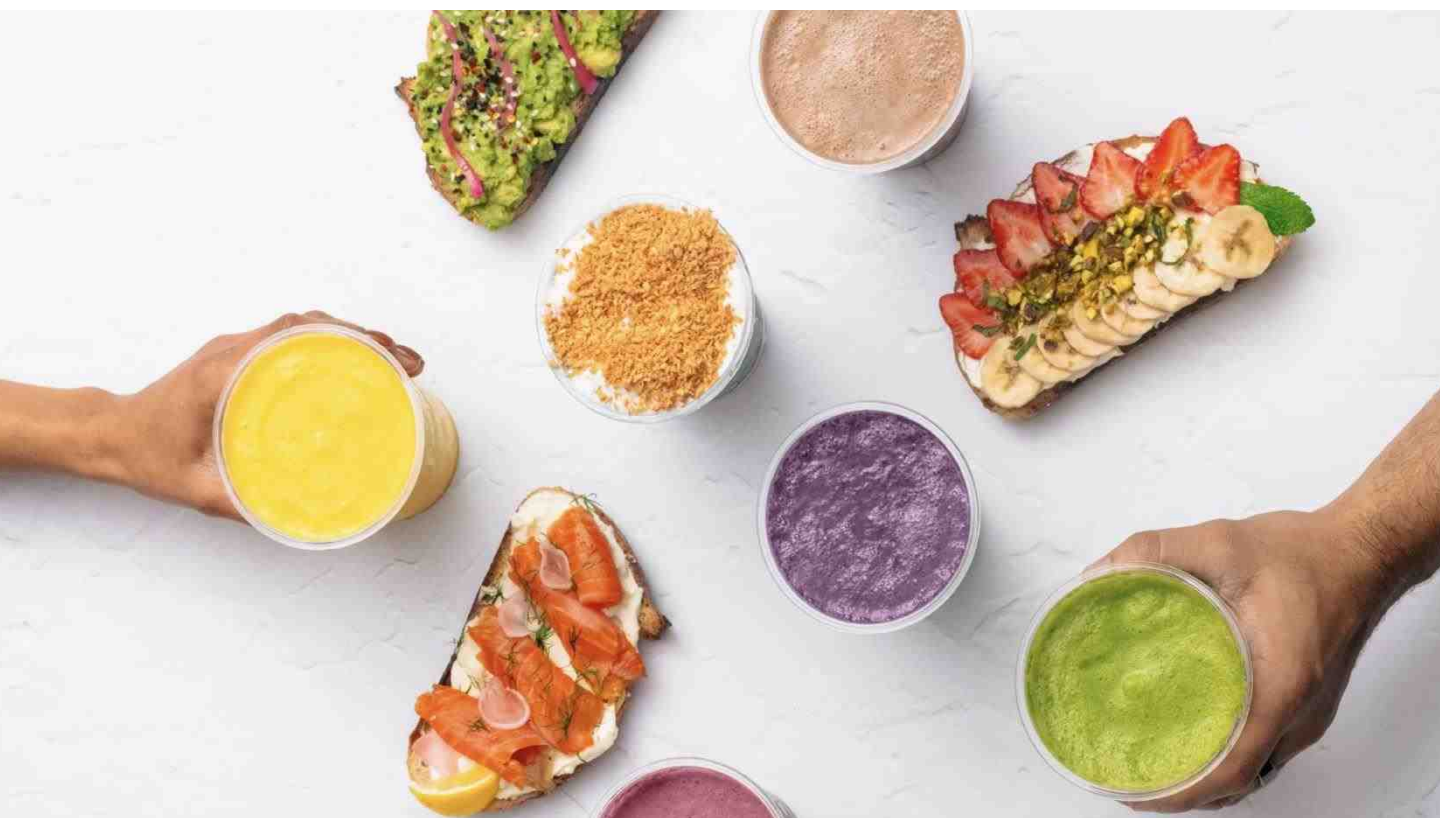
Something in the Water Vanilla Blackberry Sour

Something in the Water Pancake Bay Stout



Inquire for seasonal features.
Custom cocktails/mocktails available for additional fee.

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 →

A collage of various appetizers including seafood, vegetables, bread, and cured meats. The dishes are arranged on white plates and bowls, set against a light-colored background. The text "CATERING | OLIVER & BONACINI" is overlaid in the top left corner.

CATERING | OLIVER & BONACINI

OLIVER & BONACINI

HOSPITALITY

[GATHER BY O&B MENU →](#)

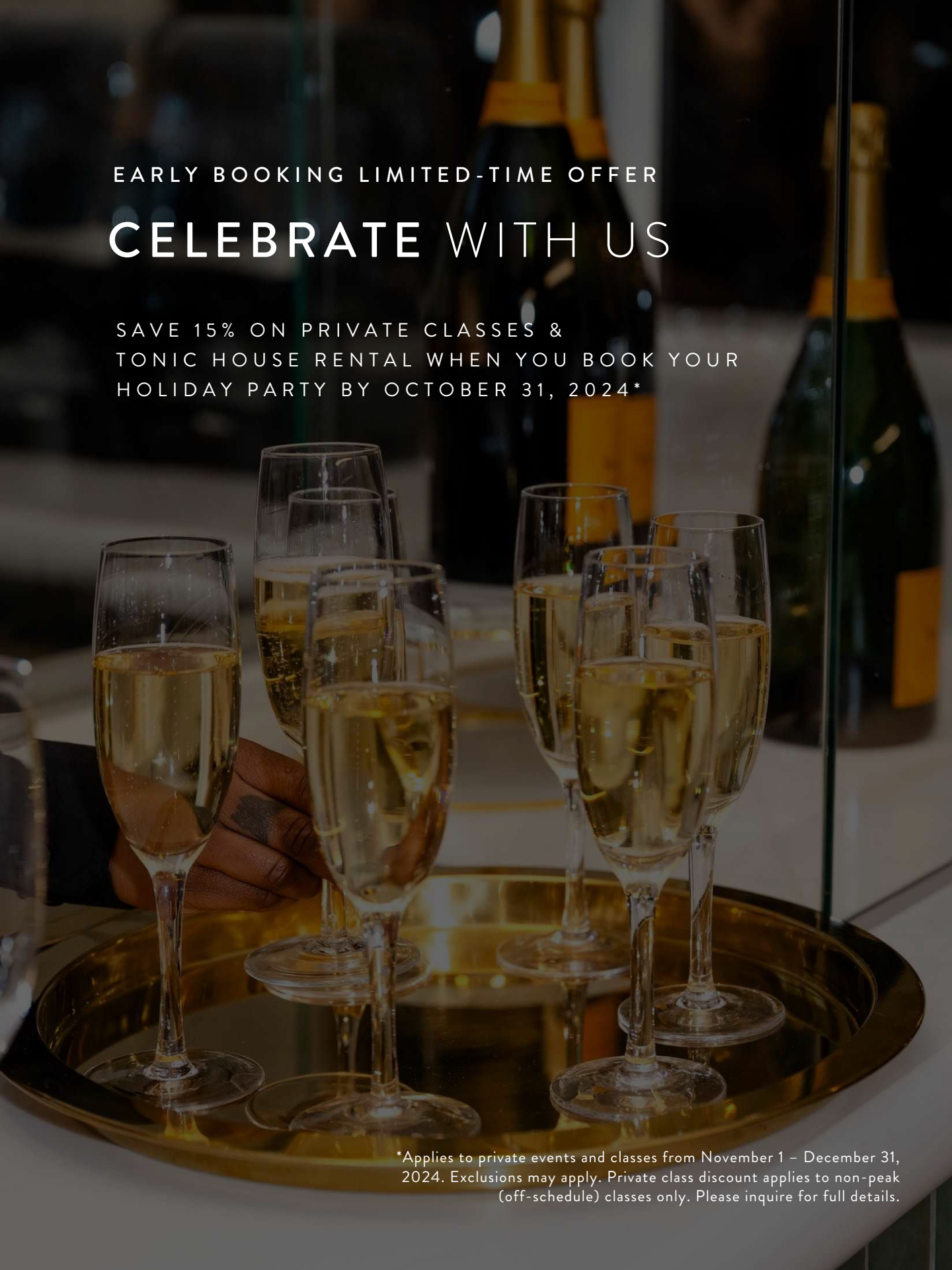
[CATERING MENU →](#)

CATERING | Highbell Hospitality



DROP & GO MENU →

CATERING MENU →

A hand holding a champagne glass on a tray with other glasses and bottles in the background.

EARLY BOOKING LIMITED-TIME OFFER

CELEBRATE WITH US

SAVE 15% ON PRIVATE CLASSES &
TONIC HOUSE RENTAL WHEN YOU BOOK YOUR
HOLIDAY PARTY BY OCTOBER 31, 2024*

*Applies to private events and classes from November 1 – December 31, 2024. Exclusions may apply. Private class discount applies to non-peak (off-schedule) classes only. Please inquire for full details.

SWEAT AND TONIC

GET IN TOUCH

SARAH TRAN

CORPORATE SALES AND PRIVATE EVENTS MANAGER

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SWEATANDTONIC.COM