

Class Card Options

Purchase:

- 1 Class \$10.00
- 4 Class Card \$24.00
- 8 Class Card \$32.00
- 12 Class Card \$42.00
- 16 Class Card \$48.00

Plus tax.

Cards Expire in 60 days from the purchase date

Fee Based Classes Include:

Cardio Strength

Yoga

Water Aerobics

Zumba



PLANTATION BAY

TENNIS, FITNESS and SPA

Nancy W. Fletcher

Phone: 386-236-4291

Fax: 386-437-9633



PLANTATION BAY

TENNIS, FITNESS and SPA

Fitness Team Personal Training Group Fitness



Nancy W. Fletcher

Fitness & Spa Director
200 Plantation Bay Drive
Ormond Beach, FL 32174

PLANTATION BAY
Personal Fitness Team

Personal Trainers

Nancy W. Fletcher

Enlist one of our skilled professionals to enhance your exercise program. Plantation Bay Trainers can screen and evaluate your fitness level, design safe & effective exercise programs, instruct you in proper execution & techniques to avoid injury & are able to respond to questions that arise on a one-on-one setting. They will also provide the enthusiasm and motivation to stay with your program.

Group Fitness

Instructors

Kay Williams - Yoga

Pam Silvain - Gentle Yoga

Judy Krombholz – Water Aerobics

**Nancy W. Fletcher– Abs, Stretch,
Solid Weight Training,
Low Impact Cardio Step
Water Aerobics**

Does motivation, inspiration, results & fun excite you? Try one of our Group Exercise Classes! Classes are lead by professionals and accompanied with appropriate music.

Join the fun & improve your health!

Training Programs

I Single Session \$50.00
Jump Start Program \$105.00
5 Training Sessions \$225.00
10 Training Sessions \$400.00
Couples Session \$70.00
10 Couples Package \$600.00

Workout Partner Program

Single Session \$20.00
6 Sessions \$90.00

