

## 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 60 days from the purchase date

### Fee Based Classes Include:

Beginner Yoga

Gentle Yoga

Intermediate Gentle Yoga

Chair Yoga

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  
Spa Services  
Personal Training  
Nutritional Services**



Nancy W. Fletcher

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

**PLANTATION BAY**  
**Personal Fitness Team**

**Personal Trainers**

**Penny Cidri**

**Nancy W. Fletcher**

**Registered Dietician**

**Karen Barry**

Enlist one of our skilled professionals to enhance your exercise program.

Our Trainers can screen & evaluate your fitness level to design safe & effective exercise programs, instruct you in proper execution & techniques to avoid injury. They can also respond to questions that arise in a one-on-one setting.

Our Registered Dietician will teach you the valuable connection between food, health, & fitness. She can provide advice & direction for clients with special dietary needs. She will help you understand the importance of how proper nutrition can enhance your health & quality of life.

**Group Fitness**

**Instructors**

**Kay Williams - Yoga**

**Pam Silvain - Gentle Yoga**

**Judy Krombholz – Water Aerobics**

**Nancy White — Zumba**

**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  
(3 sessions)
- 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

