

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:

Chair Yoga

Beginner Yoga

Gentle Yoga

Intermediate Gentle Yoga

Zumba



Nancy W. Fletcher

Phone: 386-236-4291

Fax: 386-437-9633



PLANTATION BAY

TENNIS, FITNESS and SPA

Fitness Team
Personal Training
Nutritional Services
Group Fitness



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

Circuit Training

Does motivation, inspiration, results & fun excite you? Try one of our Group Exercise Classes! Classes are lead by professionals and can be modified to your fitness level.

Join the fun & improve your health!

Training Programs

1 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

