

## Class Card Options

### Purchase:

- 1 Class \$12.00
- 4 Class Card \$27.00
- 8 Class Card \$36.00
- 12 Class Card \$45.00
- 16 Class Card \$52.00

Plus tax.

Cards Expire 60 days from the purchase date

### Fee Based Classes Include:

Chair Yoga

All Level Yoga

Yoga for Sports

Vin/Yin Yoga

Pilates

Barre

Stability Ball Challenge

Tai Chi

Zumba

Sculpt & Stretch

TAKE CARE OF  
YOUR BODY.  
IT'S THE ONLY  
PLACE YOU HAVE  
TO LIVE IN.



PLANTATION BAY

Wellness Center

Nancy W. Fletcher

Phone: 386-236-4291

Fax: 386-586-7843

[pbfitness@icihomes.com](mailto:pbfitness@icihomes.com)



PLANTATION BAY

Wellness Center

**Fitness Team**  
**Personal Training**  
**Physical Therapy**  
**Pain Management**



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**

Our Trainers will screen & evaluate your fitness level to design safe & effective exercise programs, instruct you in proper execution & techniques to avoid injury and help you obtain your goals .

**Physical Therapy**

**Omar A. Garcia , MSPT**

**Breeze Physical Therapy &**

**Wellness , LLC**

It's all about function and living your best life.

- ◆ Improve mobility
- ◆ Increase strength
- ◆ Decrease pain

One - On - One Physical Therapy

**Call 386-603-2367 to see if Physical Therapy is right for you. Currently in Network with Medicare.**

**Group Fitness**

**Instructors**

**Kay Williams - Yoga, Pilates**

**Judy Kromholz & Lisa Gura**

**- Water Aerobics**

**Nancy White - Zumba**

**Wendy Klemm - Chair Yoga,**

**Vin/Yin Yoga**

**Jocelyn Daley - Stability Ball**

**Challenge**

**Melissa Mondello -**

**Sculpt & Stretch, Barre**

**Andrew Townsend - Tai Chi**

**Nancy W. Fletcher- Stretch,**

**Solid Weight Training,**

**Cardio Step, Water Aerobics,**

**Sit & Fit**

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**

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

The Dolphin Neurostim helps reduce nervous system stress to relax muscles and relieve pain. It can be added to each package for an additional fee.

