

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



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 \$60.00
Jump Start Program \$120.00
(3 sessions)
5 Training Sessions \$275.00
10 Training Sessions \$500.00
Couples Session \$80.00
10 Couples Package \$700.00

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.
(Prices effective July 2022)

I Single Session \$35
5 Training Sessions \$150
Additional Charge Per Session:
\$5 Dolphin
\$2 Wand

