

*P*Class Card Options

Purchase:

- 1 Class \$12.00
 - 4 Class Card \$32.00
 - 8 Class Card \$48.00
 - 12 Class Card \$60.00
 - 16 Class Card \$72.00
- Plus tax.

Cards Expire 60 days
from the purchase date

Fee Based Classes Include:

Chair Yoga
All Level Yoga
Yoga for Sports
Stretch with Yoga Infused
Pilates
Barre
Stability Ball Challenge
Tai Chi
Zumba
Sculpt & Stretch
Aqua Yoga
Barre
Shine Fitness

**NOTHING IS
IMPOSSIBLE!
THE WORD
ITSELF SAYS
"I'M POSSIBLE."**



Nancy W. Fletcher
Fitness & Spa
Phone: 386-236-4291
pbfitness@plantationbaygolf.com
nfletcher@plantationbaygolf.com



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

B Plantation Bay
Personal Fitness Team

Personal Trainer

Penny Cidri

Penny 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 or email
Omar@BreezePT.com

Currently in Network with Medicare.

B **Group Fitness
Instructors**

Kay Williams - Yoga, Pilates
Judy Krombholz & Lisa Gura -
Water Aerobics

Nancy White - Zumba
Wendy Klemm - Chair Yoga,
Stretch with Yoga Infused
Jocelyn Daley - Stability Ball
Challenge

Linda Lee - Aqua Yoga
Melissa Mondello -
Sculpt & Stretch, Barre, Shine
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!

*Classes may be subject to change

B **Training Programs**

1 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)

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