

B Class Card Options

Purchase:

- 1 Class \$12.00
 - 4 Class Card \$34.00
 - 8 Class Card \$52.00
 - 12 Class Card \$66.00
 - 16 Class Card \$80.00
- 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
- Barre
- Fitness Fusion
- Traditional Pilates

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



PLANTATION BAY

Nancy W. Fletcher
Fitness & Spa Director
Phone: 386-236-4291 Ext. 1
pbfitness@plantationbaygolf.com
nfletcher@plantationbaygolf.com



PLANTATION BAY

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

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 - All Level Yoga, Yoga for Sports, Pilates

Nancy White - Zumba

Wendy Klemm - Chair Yoga, Stretch with Yoga Infused

Jocelyn Daley - Stability Ball Challenge

Michael Linhares- Water Aerobics

Melissa Mondello -

Barre, Fitness Fusion, Traditional Pilates

Andrew Townsend - Tai Chi

Nancy W. Fletcher - Stretch, Solid Weight Training,

Cardio Step, Water Aerobics, Sit & Fit

Judy Kromboholz - Water Aerobics

Sharon Smith - Water Aerobics

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