

## Group Fitness Classes

- 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
- Sit & Fit
- Cardio Step
- Solid Weight Training
- Stretch
- PiYo
- Intro to Cardio Step
- Water Aerobics  
(Seasonal)

\*Please refer to our weekly group fitness schedule for a detailed description of each class.

**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](mailto:pbfitness@plantationbaygolf.com)  
[nfletcher@plantationbaygolf.com](mailto: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, Intro to Cardio Step  
Judy Kromboholz - Water Aerobics  
Sharon Smith - Water Aerobics  
Kathryn Shupe - PiYo**

Does motivation, inspiration, results & fun excite you? Try one of our Group Fitness 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