

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
- Sit & Fit
- Cardio Step
- Solid Weight Training
- Stretch
- PiYo
- Intro to Cardio Step
- Aqua Yoga
- Aches & Gains
- Water Aerobics

*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
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**

**Andrew Townsend - Tai Chi
Nancy W. Fletcher - Stretch,
Solid Weight Training,
Cardio Step, Water Aerobics,
Sit & Fit, Intro to Cardio Step**

Sharon Smith - Water Aerobics

**Kathryn Shupe - PiYo
Linda Lee - Aqua Yoga
Heidi Grunberg' Daniels - Aches &
Gains, Water Aerobics**

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