Group Fitness Classes

- Chair Yoga
- All Level Yoga
- Stretch with Yoga Infused
- Pilates
- Barre
- Qigong
- Stability Ball Challenge
- Tai Chi
- Zumba
- Fitness Fusion
- Sit & Fit
- Free Weight Strength
- Stretch
- PiYo
- Functional Fitness
- Balance, Mobility & Stretch
- Sculpt & Stretch
- Active Life Training
- Core, Balance & Stretch Express
- Functional Body Building
- Half Hour Hustle

*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

Michael Sorrentino
Wellness Director
Phone: 386-236-4291 Ext. 1
pbfitness@plantationbaygolf.com
MSorrentino@plantationbaygolf.com

PLANTATION BAY

Fitness Team
Personal Training
Physical Therapy
Pain Management

Plantation Bay
Personal Fitness Team

Personal Trainers

Michael Sorrentino, Personal Trainer & Wellness Director

Michael starts with a consultation and assessment to learn about your overall goals, fitness history, limitations and lifestyle habits to create a structured plan for success. He focuses on functional training that blends strength training with balance, mobility, core and injury prevention.

386-307-8716
msorrentino@plantationbaygolf.com

Jacob Rodriquez, Personal Trainer

Jacob will review your current workouts and optimize them for results, assist you in executing a 60-minute session focusing on your chosen muscle group or plateau, & introduce you to new exercises and training techniques.

985-788-2021
jacob.rodriquez72@yahoo.com

Penny Cidri, Personal Trainer

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.

203-240-5069
pcidri@att.net

Annie Telesh, Personal Trainer

Every session with Annie is a thoughtful exploration of strength, mobility, and balance, tailored to your unique "movement fingerprint". She will help guide you to move better, feel better, and understand your body in a deeper, more meaningful way.

415-225-1223
anniefoto@gmail.com

Kellar Carnes, Personal Trainer

Kellar focuses on everyday strength and function, longevity, athletic movement and injury prevention. In every session, he will bring a unique understanding to body mechanics, leverage, and movement efficiency. He will create an engaging, result-driven program that enhances your sustainability and progress.

989-600-4508
kellarcarnes@gmail.com

***Contact each trainer individually for a free consultation & pricing.**

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

386-603-2367 or email Omar@BreezePT.com
Currently in Network with Medicare.

Group Fitness Instructors

Nancy White - Zumba
Jocelyn Daley - Stability Ball Challenge
Melissa Mondello - Fitness Fusion, Barre, & Stretch
Andrew Townsend - Tai Chi & Qigong
Kathryn Shupe - PiYo, All Level Yoga, Sculpt & Stretch, Pilates , Balance, Mobility & Stretch, & Chair Yoga
Annie Telesh - Free Weight Strength, Core, Balance & Stretch Express, Active Life Training, Sit & Fit, Stretch with Yoga Infused, & Functional Fitness
Kellar Carnes - Functional Body Building, Half Hour Hustle & Stretch

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.