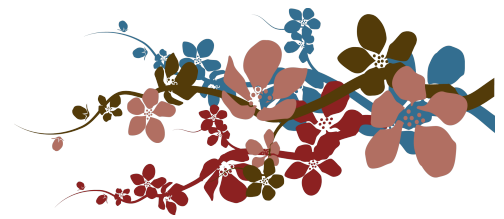


Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
730a Level 1 Fit 830a Core & Cardio <i>Carol</i>	6:00 am Boot camp <i>Carol</i>	8:30 am Core & Cardio <i>Carol</i>	600a Boot camp 730a Level 1 Fit <i>Carol</i>	8:30 am Core & Cardio <i>Carol</i>
9:45 am Yoga <i>Liza</i>	8:30 am Pilates <i>Sigal</i>	9:45 am Yoga <i>Liza</i>	8:30 am Pilates <i>Sigal</i>	9:45 am Yoga <i>Briana</i>
	10:00 am Fitness for Seniors <i>Carol</i>		10:00 am Fitness for Seniors <i>Carol</i>	
	11:00 am Rehab Fitness <i>Carol</i>	11:00 am Fitness for Seniors <i>Carol</i>	11:00 am Rehab Fitness <i>Carol</i>	11:00 am Fitness for Seniors <i>Carol</i>
	12:00 pm H.E.L.P. Pre-Op Fit <i>Carol</i>		12:00 pm H.E.L.P. Pre-Op Fit <i>Carol</i>	



The Wellness Studio is located in the building directly behind NPPT
 805.375.1461 www.nppt.com
 2804 Camino Dos Rios, Suite 202, Newbury Park CA 91320



Wellness Pricing Options

Group classes

10 Packs: Group Yoga/Pilates/Fitness*- \$150.00

10 Pack: Group **Senior Fitness ONLY**- \$135.00

Monthly packages (unlimited month defined as the 1st through last day of month)

Unlimited Group Yoga/Pilates/Fitness*- \$129.00

Unlimited Group **Senior Fitness ONLY**- \$119.00

Private Sessions (1 hour session)

10 Pack of Private Yoga/Pilates/Training- \$700.00

Individual Private Yoga/Pilates/Training- \$80.00