



## Wellness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
7:30a <b>Level 1 Fit</b> <i>Carol</i>			7:30a <b>Level 1 Fit</b> <i>Carol</i>	
8:30a <b>Core &amp; Cardio</b> <i>Carol</i>	9:00a <b>Pelvic Floor</b> <i>Carol</i>	8:30a <b>Core &amp; Cardio</b> <i>Carol</i>	9:00a <b>Pelvic Floor</b> <i>Carol</i>	8:30a <b>Core &amp; Cardio</b> <i>Carol</i>
9:45a <b>Yoga</b> <i>Liza</i>	10:00a <b>Fitness for Seniors</b> <i>Carol</i>	9:45a <b>Yoga</b> <i>Liza</i>	10:00a <b>Fitness for Seniors</b> <i>Carol</i>	9:45a <b>Yoga</b> <i>Corrin</i>
	11:00a <b>Rehab Fitness</b> <i>Carol</i>	11:00a <b>Fitness for Seniors</b> <i>Carol</i>	11:00a <b>Rehab Fitness</b> <i>Carol</i>	11:00a <b>Fitness for Seniors</b> <i>Carol</i>
	12:00p <b>H.E.L.P Pre-Op Fit</b> <i>Carol</i>		12:00p <b>H.E.L.P Pre-Op Fit</b> <i>Carol</i>	
1:00p <b>Fitness for All</b> <i>Carol</i>				1:00p <b>Fitness for All</b> <i>Carol</i>

## Wellness Pricing

### Group Classes

10 Packs: Group Fitness/Yoga- \$150

10 Pack: Group Senior Fitness **ONLY**- \$135

Drop in class: \$20

### Private Sessions (1 hour session)

10 pack of Private Training- \$700

Individual Private Training Session- \$80

\*The wellness studio is located in the building directly behind NPPT\*

805.375.1461

www.nppt.com