



Virtual Wellness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:30am Core & Cardio + 8:30am Level 1 Fitness		8:30am Core & Cardio	8:30am Level 1 Fitness	8:30am Core & Cardio
10:00am Fitness for Seniors	10:00am Peppertree Park	10:00am Fitness for Seniors	10:00am Peppertree Park	10:00am Fitness for Seniors

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

All Packages expire 6 months from date of purchase. No refunds.

**Please contact the front desk to schedule an orientation with our
Wellness Director, Carol Carter**