



Wellness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:30a Zoom	8:30a Fitness	8:30a Zoom	8:30a Fitness Zoom Hybrid	8:30a Zoom
10:00a Zoom	10:00a Seniors Fitness	10:00a Zoom	10:00a Senior Fitness	10:00a Zoom
	11:00a Senior Fitness		11:00a Senior Fitness	12:00p Fitness
Ask about Private Training	*Ask about Private Training*	*Ask about Private Training*	*Ask about Private Training*	*Ask about Private Training*

Wellness Pricing

Group Classes

10 Packs: Group Fitness- \$160

Drop in class: \$20

Private Sessions (1 hour session)

10 pack of Private Training- \$800

Individual Private Training Session- \$95

All Packages expire 6 months from date of purchase

The wellness studio is located in the building directly behind NPPT

805.375.1461

www.nppt.com