



Wellness Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|-------------------------------|------------------------------|------------------------------|------------------------------|
| 8:30a Fitness | 8:30a Fitness | 8:30a Zoom | 8:30a Fitness | 8:30a Fitness |
| 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