

## *Fitness Menu*

### Fitness Assessment

Our certified Personal Trainer will calculate body fat percentage, body mass index, conduct cardio fitness evaluation, test your muscular strength and your muscular endurance as well as your flexibility.

*This assessment provides a basic fitness evaluation intended to provide a baseline for a beginning fitness program.*

60-min \$95

### Personal Training Sessions

50-min \$65

30-min \$45

10 50-min sessions \$585

10 30-min sessions \$405

### Basic Training Package

3–45 minute sessions to get you started.

An easy to follow program will be created for you.

\$150.00

### Tandem Training

Train with a friend and Save!

50 minutes \$45.00 per person

### One-on-One

Yoga, Pilates, or Spin Session

1 hour \$85

### 12 Week Program

Ask about our 12 week training program which includes 4 sessions per week along with a fitness evaluation, progress monitoring, and healthy eating guidelines.

12 week program \$2,200.00

### Golf Fitness

Increase strength, stability, mobility and reduce injuries with a customized golf fitness program. Our trainers will assess your fitness level and customize a personal golf specific program which may be easily incorporated into your daily routine.

50-min \$95

### Golf Stretch

Learn golf specific stretching techniques to increase flexibility, distance off the tee and reduce injuries. One on one instruction.

30 -min \$45

### Fitness Classes

\$15.00 per class for guests

Advance appointments are advised to insure personal trainer availability for one on one training.

**All Day Spa Facility Use Included in All Fitness Services except a Fitness Class.**

## *FITNESS INSTRUCTORS & PERSONAL TRAINERS*

**BEVERLY JUND** began her fitness career as a Belly Dancer in the early 1990's. Her Active Isolated Stretching, personal training, Pilates, spinning, and yoga sessions emphasize core strength, body alignment and the mind/body connection. Beverly believes these to be powerful tools in achieving optimal health and fitness.

**DEBRA JAMES** is an ACE Certified Personal Trainer and Certified Fitness Nutrition Specialist with 25 years of fitness experience. Debra is a former body building champion and her specialty is one-on-one personal training. Her comprehensive approach to fitness includes sound nutrition principles, strength, endurance and flexibility.

**DIANE O'DONOGHUE** teaches a Hatha style yoga class linking several poses together to create strength, flexibility, endurance, and balance while practicing breathing, feeling, listening to the body, letting go of competition, judgment, and expectations and staying in the present moment

**DIDIER RAZON** began practicing yoga asanas in Casablanca, Morocco, where he grew up. In 1985, he had the great fortune to meet Gurumayi Chidvilasananda in Ganeshpuri, India. Didier is an Anusara affiliated teacher. He is also a certified Sivananda, Sri Mahesh, Siddha Yoga, and Hatha Yoga teacher.

**JUDY DARBY** grew up in South America. She is a member of IDEA and ACE as well as certified by Zumba fitness. She has been an instructor and Personal Trainer for 21 years instructing in Brazil, Japan, Philadelphia, Hong Kong and Ponte Vedra Beach. Her passion is to motivate Zumba participants to optimize their fitness level.

**DENNIS SHEILS** has been studying the art of Tai Chi over 16 years with many well known teachers of the art. Dennis has been teaching the art of Tau Chi to others for the past seven years.

**ANDRE MCLENDON** has over 20 years experience as a fitness and wellness coach. He has worked at the University of Miami Wellness Center and at Coastal Carolina Community College as a fitness instructor and wellness coach. His mission is to renew your fitness experience by changing the way you workout.

## SEPTEMBER FITNESS CLASS SCHEDULE



the spa  
at Sawgrass

*touch. mind. body. soul.*

**GET FIT**

**THE SPA AT SAWGRASS  
1000 PGA TOUR BLVD  
PONTE VEDRA BEACH, FL  
32082**

**CONTACT: DEBRA JAMES  
PHONE: 904-674-4772  
EXT 6164**

**MON-FRI 6:00 AM-8:00 PM  
SAT & SUN 8:00 AM-8:00 PM**

