



THE FOUNDATION OF PELICAN MARSH, INC. FITNESS CENTER

Improve your quality of life!

- Reduce Stress!
- Maximize and utilize life!
- Maximize sports performance!
- Tone and strengthen your body!
- Build confidence and self-discipline!



Allow our Certified Personal Trainers and Instructors to motivate and inspire you! Reach your personal fitness and wellness goals through a customized exercise regimen.

Personal Training

- 1 One hour session.....\$70
- 1 Half hour session.....\$45

2 on 1 Partner Personal Training

- 1 One hour session.....\$90

Small Group Personal Training

- 1 One hour session(3-5 people).....\$110

Golf Fitness

Titleist Performance Institute Certified Instructors!

- TPI Golf fitness assessment.....\$125
- Golf Fitness Personal Training session...\$75



Group Fitness Classes

Schedule available at front desk

- \$10 Class Drop-in Fee
- \$70 /10 Class Package

Reservations/Cancellations

We request that you reserve/cancel your appointments no less than 24 hours in advance. There will be a cancellation charge if an appointment is not cancelled within 24 hours. Payment of services may be made by cash, check or credit card.

Phone: 239-594-7800

Pelican Marsh Community Center
1504 Pelican Marsh Blvd.
Naples, FL 34116

